OSF SURGICAL WEIGHT LOSS
CENTER OF EXCELLENCE AND PEORIA SURGICAL GROUP

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PROGRAM STEPS CHECK LIST for SUCCESS

This is your list of the steps that need to be completed prior to surgery. These steps are your responsibility, but our entire team is here to help and guide you through the process as much as we can. We want you to be successful in this journey so you need to be committed to the diet, education and lifestyle changes that are offered.
****If there is additional criteria to be met AFTER all the listed steps are completed, we will notify you with written instructions. This additional criteria must be completed prior to obtaining insurance approval and scheduling surgery.****

PHASE 1:

___ **Information Meeting**

___ **Meet with the OSF team at the RiverPlex to develop/start your medical weight loss plan**

___ **Complete a Bod Pod / Body Composition Test**

___ **Complete a consecutive _____ month supervised diet with NO weight gain AND complete Nutrition and Exercise education**

___ **Consultation with the surgeon**

___ **Attend at least 1 support group at the RiverPlex before surgery**

___ **Psychological evaluation**

*** ***Extra steps that may be necessary prior to surgery: ******
- Sleep Study or follow-up with Sleep Medicine (This may be needed for evaluation or treatment of sleep apnea)
- Cardiac and/or Pulmonary clearance
- Extra monthly supervised diet visits (This may be needed because of non-compliance with goals or excessive weight gain while in the program)
- Session(s) with Behavioral Health (This may be needed because of underlying issues discovered on your psychological evaluation or non-compliance while in the program)

___ **Final Insurance Approval**

___ **Pre-Testing**

___ **Pre-Op Nutrition Class & Pre-Op visit with your surgeon**

___ **Surgery date**

___ **Initial Post-op appointment**