



Nutritional Counseling Program Fee – Effective January 1, 2019

The decision to have weight loss surgery is a life-changing decision that will require lifelong commitment and a change in lifestyle. The Optum Weight Loss Surgery Center has thoughtfully put together a team of skilled healthcare professionals to help you achieve success. They will be by your side as you embark on this exciting journey!

Ask someone who has had weight loss surgery, and they will tell you it is not just about the surgery—it is about all of the support pieces before and after surgery that help to enhance your surgical outcome and long-term weight loss maintenance.

At Optum's Weight Loss Surgery Center, we have put together a robust program to help you feel supported, so you have the confidence to achieve your weight loss and overall health goals. We do that by combining personalized nutrition education and nutrition therapy. The nutritional counseling component of our program includes:

- A one-on-one consultation with a Registered Dietitian specialized in weight loss surgery nutrition;
- Nutritional counseling sessions with a Registered Dietitian;
- Unlimited support group meetings—both in-person and via Facebook (pre- and post-surgery); and
- Pre- and post-surgery educational classes and support materials.

Participation in nutritional counseling is required in order to qualify for weight loss surgery with our center—a requirement that is in place to ensure your long-term success.

Our nutritional counseling component has a fee of \$300, which is not covered by insurance. The \$300 fee is due at the time of the initial dietary consultation, but is payable in two installments: the first \$150 is due at the initial dietary consultation, and the second payment of \$150 is due within 30 days of that visit.

Please Note: The fee for the nutritional counseling component of the program is **non-refundable** (even if you do not complete the program) and it is **not** billable to your insurance company. The fee covers non-physician services and does not cover any co-insurance or deductibles. Every patient is required to participate in nutritional counseling to increase the likelihood of their success. The nutritional counseling fee is a one-time fee; however, if you miss 2 dietary appointments without notifying our center in advance, you will be required to start the program over, and another \$300 fee will apply. The program fee does not guarantee surgery; all physical and psychological criteria must be met.

Current Patients: The program fee is effective January 1, 2019. If you are currently going through the program you will not be required to pay the \$300 fee; however, if you miss or have missed your last 3 dietary appointments without notifying our center in advance, you will be required to start the program over in January, and the \$300 fee will apply.



Frequently Asked Questions:

Q: Am I required to pay the fee?

A: Yes, all patients are required to pay the \$300 program fee.

Q: What forms of payment are accepted?

A: Payment can be made in the form of a debit or credit card. We accept Visa, MasterCard, and Discover. You can also use a pre-paid card, which you can get from any major grocery store.

Q: What is the fee used for?

A: The fee is used to pay for services not covered by your insurance. These services include, but are not limited to: unlimited pre- and post- surgery education and support, pre- and post- surgery phone support (during business hours), and nutritional education and therapy.

Q: Can I get a refund if I change my mind and don't go through with surgery?

A: The \$300 program fee is a non-refundable fee.