

MedStar Franklin Square Medical Center Bariatric Surgery Program

Important Information about The MedStar Franklin Square Medical Center's Bariatric Program's Weight Management Classes

You must attend classes once a MONTH, for at least seven months in a row. If you miss a month you may have to start over because the insurance company REQUIRES you to attend monthly. **This is your responsibility.** There are no guarantees for surgery within our program. Our program requires you to attend ALL seven classes starting with CLASS 1 and ending with CLASS 7. This will cost you \$25 for each class or \$140.00 if you pay for all the classes together as a package. We recommend you register for all seven classes ahead of time. This will help keep you on track and better organized as well as save you money. If you prefer to pay with cash you must come to the main office (9105 Franklin Square Drive, Suite 305/307) to pay BEFORE class is scheduled. We recommend you register early as space is limited. You must start with Class 1 and end with Class 7. To get the most out of this program, you should take all the classes in order from Class 1 through Class 7. You do not HAVE to take the classes in this order, but we HIGHLY RECOMMEND that you do.

*Class 1 -must be your first class!!

*Class 3 (Exercise Class) **BE SURE TO WEAR CLOTHES AND TENNIS SHOES YOU CAN EXERCISE IN!!!**
(If you show up not dressed appropriately you will be told to reschedule)

*Class 7 must be your last class!!! You will complete a review and you are able to use your notes😊

*IMPORTANT GENERAL INFORMATION: By now you should have contacted your insurance company to confirm you have coverage for "bariatric surgery", and to check if there is anything not covered by your plan. (Make sure you go over your insurance policy in detail as well as information given to you during the Bariatric Education Seminar.)

It is important you are prepared for the upcoming classes:

- Read this letter and passport several times before starting classes.
- Make sure you have gone to or have scheduled your first appointment with the bariatric surgeon. If not, please contact the main office at 443-777-1158.
 - Make sure you complete all forms you are given at the education seminar and bring them with you to this first appointment.
- Be ON TIME for classes -We do not allow late entry and we do not give refunds.
- If you need to, go to the restroom before walking to the Bariatric Education Room.
- Bring your binders to every class and every appointment to collect all handouts and paperwork given at the office visits. You will receive your binder in Class 1.
- Bring a pen with you! You MUST complete check in forms and hand them in after each class. These are the forms we have to send to your insurance company to allow us to do your surgery.
- Review your passport to schedule your other appointments in advance (e.g. dietitian/psychologist).

Be considerate of others-no talking during class. Silence cell phones and put them away. **We expect you to be an active participant in every class and take notes which can be used for Class 7 review!!**

If you choose to bring a person with you for support, they must also register and pay for the class(es). You may only bring an adult with you (18 years or older). We do not allow children to come to classes. Everyone must be registered for every class. **We do not allow walk-ins.**