

## IMPORTANT INFORMATION ABOUT THE MMMC BARIATRIC WEIGHT CLASS

- Prior to starting the bariatric program, you should contact your insurance company to confirm coverage for morbid obesity and to confirm you qualify for bariatric surgery.
- The first session will typically be a one-on-one session with the Registered Dietitian in the office. Then you will attend the Group Sessions in a classroom setting.
- You must attend a nutrition session-one per month consecutively. If you miss a session, you risk starting the program over again. This is your responsibility.
- The group class sessions will be rotated to the schedule accordingly.
- You must first complete the A, B, C group class sessions *before* going to the D, E, F group class sessions.
- Please use the Bariatric Weight Tracking Form to keep track of your progress with the weight classes.
- Please register for the class at least 2 days prior to the actual class date.
- Space is limited, so register early!
- It is recommended that you register and pay for all classes in advance either online or by phone. IF you must pay in cash, please come to the main office (18101 Prince Philip Dr. Olney, MD 20832, SUITE G20) at least 2 days prior to the class.
- Registration is not complete until payment has been received.
- Only registered participants may attend the class.
- Walk-ins are not allowed. Children are not allowed.
- If you choose to bring a loved one (18 years or older), they must also register/pay for the class.
- Please arrive to the class *no later than* 15 minutes from start time.
- Check-in is required before each class.
- Please bring a pen/pencil to the class.
- Call/email us if you have any questions/concerns.

**Thank you!**