

Nutrition Services

The Baptist Weight Loss Center has a registered dietitian on staff to assist you with your bariatric needs before and after surgery. Your surgeon will direct your care with your surgery and the dietitian at the Center will assist you with all of your nutritional needs.

- **Weight Management Sessions-** Most insurance companies require a minimum of **6 months** documented weight management counseling. These months must be consecutive in order to be accepted by the insurance company. We offer this service here at the clinic as one-on-one sessions with the dietitian. Your program fee will cover up to 9 sessions of weight management with the dietitian.

*Although there may be a minimum of required weight management sessions, there is no maximum amount. **Your weight management period will be up to the discretion of the dietitian and the surgeon.***

- **Pre-Approval Nutrition Evaluation-** All insurance companies require a nutrition evaluation from the registered dietitian. It will require a complete diet history and one-on-one session with the dietitian, including expected post-op dietary changes. The evaluation will be completed at the end of your weight management sessions.
- **Pre-Op Class-** Once you have been approved for surgery, you are required to attend an educational session given by the bariatric nurse and dietitian in a group setting (or if necessary in a private setting) to review specific details of the post-op guidelines. Families are encouraged to attend this session as well.
- **Post-Op Nutrition Consults-** As a center of excellence, we offer post-op nutritional sessions with the dietitian to assess post nutritional status and recommend interventions as appropriate. This will be done in conjunction with your surgeon. The post-op visits are covered in your surgical fee if you have surgery at Baptist Hospital. There will be a nominal fee if you had your surgery at another facility.