

Millions of people struggle with weight loss. If you've tried dieting, portion control and an exercise program, but still can't get results, surgery can provide an excellent alternative for sustained weight control.

At Sanford Health Bismarck we perform both gastric bypass and sleeve gastrectomy, both vary in how they are performed, their recovery time and who is best suited for them. You can review these differences prior to information session online at sanfordhealth.org/weightlosssurgery.

Steps to being scheduled for a consultation

- o Attend an online information session-----
- Held 2nd Tuesday of each month dates can be found online https://www.sanfordhealth.org/classes-and-events/weight-loss-surgery-informational-session
- Get a referral for bariatric surgery from your primary care provider if you have not already. If you do not have a provider we recommend you establish care with one.
- O <u>Call your insurance company</u> and make sure your policy has benefits for bariatric surgery. The basic requirements for most insurance is **BMI of 40 or above or BMI of 35-39 with qualifying** health problem related to obesity. We can help you determine if you meet medical necessity for your insurance. In order for us to determine if you fit your insurance companies medical policy guidelines for coverage we will need to review your medical records.
- Return Registration paperwork –

Bismarck Weight Loss Surgery Questionnaire packet and authorization for disclosure of protected health information form(s).

List all providers that you see for medical care in the last 3 years. If you have had any major abdominal surgeries (hernia repairs, lap band removals, etc.) we will need operative notes please list these on the disclosure form.

We will gladly fax the enclosed medical records disclosure forms but they need to be include at least a phone number of the facility. If all your records are through Sanford we do not need disclosure forms. If you prefer paperwork be mailed please call 323-5300 to request paperwork be mailed to you. **Drop off or Mail to:** Sanford WLS clinic 222 n 7th st Bismarck, ND 58501 or **FAX:** 701-323-5886.

Our nurse coordinator will contact you after we have obtained and reviewed of your records. Nurse coordinator will help you schedule for consultation, required 3 nutrition appointments with our dietitian some insurance may require more, and a psychological evaluation. Do not schedule your own psychology evaluation it will need to be with one of our approved providers.

We know that this is a long and involved process, but we encourage you not to become frustrated. These are necessary steps to ensure the safety and long-term success of your procedure. Plus, you will have the rest of your life to enjoy the benefits.

Thank you for choosing Sanford Health Bismarck. We hope to see you at our upcoming informational session. If you have any questions, you may reach nurse coordinator directly (701) 323-5530.

Sincerely,

Sanford Health Bismarck Weight Loss Surgery Team

Consent
Date:
give my verbal and written consent for Sanford Health to release all of the information of my past medical history, including psychological evaluations, supervised and unsupervised weight loss programs, etc.
All information regarding my past and present medical history may be copied and released to my insurance company, Medicare, Medicaid, etc. for pre-authorization for gastric bypass/lap band surgery due to morbid obesity.
Patient Signature:
May we leave a message on your answering machine at work or home? Yes No
May we leave a message with your spouse or significant other? Yes No
Patient Signature:
nsurance Information
nsurance Company Name:
Policy Number:
Group Name:
Group Number:
pismarck.sanfordhealth.org/weightlosssurgery





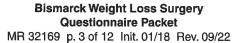
Date:	Name:							
Nickname:	Allergies:	Allergies:						
Sex: Male Female Eth	nic Origin: Caucasian	☐ African American	☐ Asian ☐ Native American					
	☐ Hispanic	☐ Other:						
SSN#:	DOB	£	Age:					
Address:								
City:	State:	Zip Code:						
Home Phone:		Work Phone:						
Cell Phone:		Height:	Weight:					
Marital Status: □ Married	☐ Single ☐ Separate	e □ Divorced □ W	/idowed					
			d:					
Occupation:								
Employment (Full time or	Part time):							
Present:		Past:						
Please indicate how much	າ and how often you use າ	the following substar	nces. If past use, please make					
Nicotine (tobacco - c	chew, cigar or cigarettes, va	ape or e-cigarettes):						
Alcohol:		Caffeine:						
Recreational/street of	drugs:							





Medical History	
Please list any surgical procedures with either year or your age at pro-	ocedure:
Surgery	Year
Hospitalizations for reasons other than surgeries:	
1 2	
3	
4	
5	







Family History

Please answer the following questions regarding your family history.

History includes age or age at death, any medical problems such as diabetes, heart trouble, high blood pressure, stroke, epilepsy, tuberculosis, cancer, and cancer type.

Mother: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Father: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Brother: Age: Any medical problems;
Cancer: Y / N Type: Living: Yes No Cause of death:
Brother: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Brother: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Sister: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Sister: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Sister: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Maternal Grandmother: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Maternal Grandfather: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Paternal Grandmother: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:
Paternal Grandfather: Age: Any medical problems:
Cancer: Y / N Type: Living: Yes No Cause of death:





Spouse: Age:	Any medical problems:
	Living: Yes No Cause of death:
Son: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Son: Age:	Any medical problems:
Cancer: Y/N Type:	Living: Yes No Cause of death:
Son: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Daughter: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Daughter: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Daughter: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Other blood relative	not listed above:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:_	Living: Yes No Cause of death:
Relative: Age:	Any medical problems:
Cancer: Y / N Type:	Living: Yes No Cause of death:

SANF: RD HEALTH

Bismarck Weight Loss Surgery Questionnaire Packet MR 32169 p. 5 of 12 Init. 01/18 Rev. 09/22

Questionnaires

Current Medical Condition		<u> </u>	
Please check yes or no for those tha	t apply.		
High blood pressure	☐ Yes	□ No	Other medical diagnosis (i.e. liver disease):
On medication	☐ Yes	□ No	
Heart disease	☐ Yes	□ No	-
Diabetes	☐ Yes	□ No	
Pulmonary disease/asthma/COPD	☐ Yes	□ No	
Seizure disorder	☐ Yes	□ No	
Cancer	☐ Yes	□ No	
If Yes, what kind:			
Depression	☐ Yes	□ No	
Mental illness	☐ Yes	□ No	
Thyroid problems	☐ Yes	□ No	
Gout	☐ Yes	□ No	
Hx of transplant	☐ Yes	□ No	
If Yes, what kind:			
medication name, dosage, frequency	, and when t	aken):	





Eyes			Gene	ral		
Blurring	□ Yes	□ No	Fevers	;	□ Yes	
Double vision	□ Yes	□ No	Night s	sweats	□ Yes	
Irritation/infections	□ Yes	□ No	Chills		□ Yes	
Eye pain	□ Yes	□ No	Fatigu	е	□ Yes	
Spots or floaters	□ Yes	□ No				
Changes in vision	□ Yes	□ No				
Glasses	□ Yes	□ No				
Contacts	□ Yes	□ No				
Ears/Nose/Throat						
Earaches			□ Yes	□ No		
Discharge from ears			□ Yes	□ No		
Ringing in ears			□ Yes	□ No		
Decrease in hearing			□ Yes	□ No		
Hearing aides - Circle one:	Right	Left		Both		
Recurrent head colds			□ Yes	□ No		
Sinus troubles			☐ Yes	□ No		
Dysphagia (difficulty swallow	ving)		☐ Yes	□ No		
Change in taste			□ Yes	□ No		
Change in smell			□ Yes	□ No		
Persistent hoarseness			□ Yes	□ No		
Recurrent sore throats			□ Yes	□ No		
Recurrent sores in mouth			□ Yes	□ No		
Enlarged glands			□ Yes	□ No		
Soreness or bleeding from g	jums whei	n brushing	□ Yes	□ No		
Dentures - Circle one:	Тор	Botto	m	Both		
Partials - Circle one:	Т-В	T-B		Both		
Permanent bridges or impla	nts		☐ Yes	□ No		





Cardiovascular	Allergic/Immunologic					
Chest pain	☐ Yes	□ No	Hay fever	☐ Yes	□ No	
Angina	□ Yes	□ No	Recurrent infections	☐ Yes	□ No	
Palpitations	☐ Yes	□ No	HIV/Exposure	☐ Yes	□ No	
Fainting spells	☐ Yes	□ No				
Shortness of breath:			Endocrine	Э		
Walking several blocks	☐ Yes	□ No	Heat intolerance	☐ Yes	□ No	
One flight of stairs	☐ Yes	□ No	Cold intolerance	☐ Yes	□ No	
When laying down	☐ Yes	□ No	Hot flashes	☐ Yes	□ No	
Wake up at night	☐ Yes	□ No	Brittle nails	□ Yes	□ No	
High blood pressure	☐ Yes	□ No	Change in skin texture	☐ Yes	□ No	
Swelling of hands or feet	☐ Yes	□ No	Change in hair texture	☐ Yes	□ No	
Varicose veins	☐ Yes	□ No				
Heart disease	☐ Yes	□ No	Hematolo	gic/Lympl	natic	
Circulation problems	☐ Yes	□ No	Abnormal bruising or			
High cholesterol	☐ Yes	□ No	bleeding	☐ Yes	□ No	
			Enlarged lymph nodes	☐ Yes	□ No	
Respiratory			Blood transfusion or			
Cough	☐ Yes	□ No	plasma transfusion	☐ Yes	□ No	
Cough when lying down	☐ Yes	□ No				
Sleep on more than one pillow	☐ Yes	□ No				
Shortness of breath	☐ Yes	□ No				
Cough up blood	☐ Yes	□ No				
Wheezing or asthma	☐ Yes	□ No				
Sleep apnea diagnosed:		Sym	ptoms only no testing:			
CPAP:	Bip	ар:	Other:			
Skin						
Rashes	☐ Yes	□ No				
Lesions	□ Yes	□ No				
Itching	□ Yes	□ No				
Dryness	□ Yes	□ No				
Eczema	□ Yes	□ No				
Psoriasis	□ Yes	□ No				





Gastrointestinal		
Stomach pain or cramping	☐ Yes	□ No
Heartburn	☐ Yes	□ No
If Yes, how do you treat?		
Nausea or vomiting	☐ Yes	□ No
Diarrhea	☐ Yes	□ No
If chronic, has it been evaluated?	☐ Yes	□ No
Constipation	□ Yes	□ No
If chronic, has it been evaluated?	□ Yes	□ No
Bleeding from rectum	☐ Yes	□ No
If Yes, has this been evaluated?	☐ Yes	□ No
Vomiting of blood	□ Yes	□ No
Hemorrhoids	☐ Yes	□ No
Genitourinary		
Urinary frequency times per day		
Do you feel like you empty your bladder?	□ Yes	□ No
Pain with urination	☐ Yes	□ No
Difficulty starting urination	☐ Yes	□ No
Get up at night to urinate	☐ Yes	□ No
Urinate more than before	☐ Yes	□ No
Urinate less than before	☐ Yes	□ No
Blood in your urine	☐ Yes	□ No
Loss of urine with coughing or sneezing	☐ Yes	□ No
Males: Discharge from penis	☐ Yes	□ No
Females: Vaginal discharge	☐ Yes	□ No
Painful periods	☐ Yes	□ No
Polycystic ovarian disease	☐ Yes	□ No
Irregular periods	☐ Yes	□ No
How many pregnancies?		
Live births:		
Still births:		
Miscarriages:	ē	
Cesarean sections:		





Neurological			Musculo	skeletal		
Headaches	□ Yes	□ No		/backaches	☐ Yes	□ No
Migraine headaches	□ Yes	□ No	•	it been evaluated?		
Dizzy spells	□ Yes	□ No		knees, hips, or ankles	☐ Yes	□ No
Paralysis	□ Yes	□ No	Joint swell	·	□ Yes	□ No
Change of sensation in hands or feet	□ Yes	□ No	Muscle sp	· ·	☐ Yes	□ No
Tingling of hands or feet	□ Yes	□ No	Leg cramp	os	☐ Yes	□ No
Seizures	□ Yes	□ No	Muscle we	akness	□ Yes	□ No
Tremors	□ Yes	□ No	Stiffness		☐ Yes	□ No
Head injuries	□ Yes	□ No	Arthritis		□ Yes	□ No
Knocked unconscious	☐ Yes	□ No	Assistive of	levices: □ Cane □ Cr	utches 🗆	Walker
			☐ Wheelcl	hair □ Prosthesis		
			□ Other: _			
Psychiatric						
Depression			□ Yes	□No		
Substance abuse or addiction (drugs	s or alcoh	ol)	□ Yes	□ No		
If yes, have you been treated for this	?					
Anxiety			□ Yes	□ No		
Memory loss			□ Yes	□ No		
Suicidal ideation			□ Yes	□No		
Attention Deficit Disorder (ADD) or						
Attention Deficit Hyperactivity Disord	ler (ADHE	D)	□ Yes	□ No		
Bipolar disorder			□ Yes	□ No		
Schizophrenia			□ Yes	□ No		
Paranoia			□ Yes	□ No		
Hallucinations			☐ Yes	□No		
Other:						





Dieting History Form

Name of diet plan	List year(s) on plan	Wt. loss	Wt. gain	Additional info
Diet (cutting back)				
Liquid diets (Slim Fast)				
Weight Watchers				
Overeaters Annon.				
Tops				
Diet Center				
NutriSystem				
Jenny Craig				
Diet Pills OTC (i.e. Dexatrim)				
Diet Pills Rx				
LA Weight Loss				
Acupuncture				
Hypnosis				
Body Connection				
Optifast				
Medifast				
Atkins (protein diet)				
South Beach				
Mayo Clinic				
Phentermine				
Phen Fen				
Redux				
Herbal tea				
Herbal Life				
Calorie counting				
Fat free diets				
Vegetable diets				
Exercising				
Richard Simmons diet				

H	OW	many	years	have	you	been	obese?	
---	----	------	-------	------	-----	------	--------	--

Please be specific with when you were on the plan, how much weight you lost and how much gained.

The last 3-5 years are most important.





PARK TO A POST PARKET BY	
Epworth Sleepiness Scale	
Lpworth dicephicas deale	

This questionnaire will	help your physician	n to measure your gene	eral level of daytime sleepin	ess.

Name:	Date of birth:	Date:
14dillo	Date of birtin	Daic.

How likely are you to doze off or fall asleep in the situations described below, in contrast to feeling just tired?

This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the *most appropriate number* for each situation:

0 = would never doze

1 = slight chance to dozing

2 = moderate chance of dozing

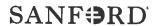
3 = high chance of dozing

SITUATION	CHANCE OF DOZING			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g. a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
Do you snore?	Yes	No		
Have you been told you stop breathing when sleeping?	Yes	No		





Authorization for Disclosure of Protected Health Information



Patient Name:	Date of Birth
Full Address:	
Phone Number:	
Maiden/Previous Names:	
Instructions: Fill out each section of the form in its entire	ety. Failure to do so may delay processing of your request.
Release Information From:	Release Information To:
Name/Facility:	Name/Facility: Sanford Health WLS Clinic -Bismarck
Address:	Address: 222 N. 7th St. Mail Route 20776
City/State/Zip	City/State/Zip Bismarck, ND 58501
Phone:	Phone: Fax: 701-323-5886
Purpose of Release:	
☐ Insurance Claim ☐ Disability Determination ☐	Other:
Delivery Method: Date information desired by: ASA	P
Release Format (Check 1 of 3 options only): 1. Paper via Mail OR Pick Up OF Deck (as a 2. USB Mail OR Pick Up 3. Electronic via My Sanford Chart Patient Portal Release to ALL My Sanford Chart Proxies	appropriate) ** ax # : _701-323-5886
Information to be Released: Last 3 years	
	OR ull future records until this authorization expires
Abstract (history & physical, discharge summary, operative reprovider notes related to specific timeframe). □ Discharge Summary □ ER Records □ Psychological Evals/Assmts □ EKG / Cardiology Reports □ Lab / Pathology Reports X1year XRadiology Images □ Billing Statements □ Alcohol/Drug Treatment Records □ Ht/Wt 5 years history	☐ Immunization Records ☐ Radiology Reports ☐ Radiology Reports ☐ Upper GI studies any xrayscharge may apply) ☐ X Clinic Visit Notes x3 yr ☐ Operative Reports ☐ Entire Medical Record
RECORDS I SPECIFIED ABOVE UNL	DRUG TREATMENT RECORDS THAT ARE PART OF THE ESS OTHERWISE INDICATED BELOW: atment records protected under federal law.
I may revoke this authorization at any time by sending written notic if (1) action was previously taken in reliance on this authorization, consurance coverage. I authorize the facility/provider to disclose med To" section. I understand this may include information regarding meaning once disclosed, information may be re-disclosed by the recipient are and that I may refuse to sign. Unless allowed by law, my refusal to or my eligibility for benefits.	or (2) if this authorization was obtained as a condition for obtaining dical information to the party identified in the "Release Information ental health, alcohol/drug use, and HIV treatment. I understand that and no longer protected. I understand this authorization is voluntary
Signature (required):	Date Signed (required):
Printed Name of Person Signing (If not patient):	

Authorization for Disclosure of Protected Health Information

SANF#RD

Patient Name:	
Full Address:	
Phone Number:	
Maiden/Previous Names:	
Instructions: Fill out each section of the form in its entir	ety. Failure to do so may delay processing of your request.
Release Information From: Name/Facility:	Release Information To:
Name/Facility:	Name/Facility: Sanford Health WLS Clinic -Bismarck
Address:	Address: 222 N. 7th St. Mail Route 20776
Clty/State/Zip	City/State/Zip Bismarck, ND 58501
Phone:	Phone: Fax: 701-323-5886
	1 dx. 701-323-3000
Purpose of Release:	
☐ Continuing Medical Care ☐ Work Comp ☐	Other:
Delivery Method: Date information desired by: ASA	P
1. ☑ Paper via ☑ Mail OR ☐ Pick Up OF ☑ Fax (as a 2. ☐ USB ☐ Mail OR ☐ Pick Up 3. ☐ Electronic via My Sanford Chart Patient Portal ☐ Release to ALL My Sanford Chart Proxies	appropriate) fax # : <u>701-323-5886</u>
Information to be Released: Last 3 years	
	OR all future records until this authorization expires
NOTE: This authorization expires one year from the date of i	my signature unless I specify a different event, purpose or
alternative expiration date here:	
Abstract (history & physical, discharge summary, operative reprovider notes related to specific timeframe). □ Discharge Summary □ ER Records □ Psychological Evals/Assmts □ EKG / Cardiology Reports □ Lab / Pathology Reports X1year □ Radiology Images □ Billing Statements □ Alcohol/Drug Treatment Records □ Ht/Wt 5 years history	XHistory & Physical S Immunization Records A Radiology Reports Or Upper GI studies any xrayscharge may apply)
·	DRUG TREATMENT RECORDS THAT ARE PART OF THE
	ESS OTHERWISE INDICATED BELOW:
Do not release alcohol or drug tre	atment records protected under federal law.
if (1) action was previously taken in reliance on this authorization, oinsurance coverage. I authorize the facility/provider to disclose me	dical information to the party identified in the "Release Information ental health, alcohol/drug use, and HIV treatment. I understand that nd no longer protected. I understand this authorization is voluntary
Signature (required):	Date Signed (required):
Printed Name of Person Signing (If not patient):	



Insurance Coverage Worksheet

Are you interested in weight-loss surgery? Find out if it's covered by your insurance. Please call your insurance and ask the following questions. The phone number to contact your insurance is usually on the back of your insurance card.

	1. Does my policy cover bariatric surgery? YN
	2. What procedures are covered?
	(Mark all that apply).
	The primary diagnosis will be Morbid Obesity E66.01
	CPT code 43644 Gastric Bypass
	CPT code 43775 Sleeve Gastrectomy
	 What do I need to have to qualify for surgery? BMI >40 BMI >35 with specific comorbid conditions ie : diabetes, uncontrolled high blood pressure or cholesterol, sleep apnea or certain others may be covered in some plans.
4.	Do I have to go to a specific hospital for surgery?
5.	Name of customer service representative:
6.	Call reference number:
7.	Date of phone call:
	nce you verify that your insurance plan will cover bariatric surgery return your questionnaire an edical records release.
	e can help you determine if you meet insurance coverage guidelines for medical necessity when

Please don't hesitate to give our office a call if you have any questions.