What the provider needs to document for the monthly medical weight loss office note.

Every month the provider will need to document the medical weight loss through an office note. The patient must come and see you every month (consecutively) in a row. Commercial insurance and Medicare require that there not be a break in the months for bariatric patients. If there is a break, there needs to be a letter from the provider stating the medical nature as to why the patient missed or on part of your office had to reschedule the appointment. Example: patient was hospitalized for ________ or due to my ________ office schedule I was unable to see the patient in a timely manner.

Our bariatric cases are preformed in a Center of Excellence, and all cases must have at least three months of medical weight loss visits. Self-pay and Medicare can have any three office notes (consecutively) from the last two years. When we say consecutive months, this means January to February is one month as an example. So if you start a patient in January, and the insurance require six consecutive months of medical weight loss documentation, then you will have your last office visit in July. That first month is the starting point and the six months start after that initial visit of the diet and exercise counseling you start them on.

We have developed and attached to our site a documentation form that your provider can use. You can print off our site and customize with your letterhead or you can retype the form on your letterhead. This form has the requirements that are need to get a patient approved by insurance. All parts must be completed in full.

For weight: If your scales will not weigh the patient, then you need to document on each office note that the scales will not weigh the patient and the weight limit your scales goes too.

The diet: This must be SPECIFIC as well. It must state what the calorie amount per day you placed the patient on, if it is a commercial diet, low fat, low carb, etc. This must be documented each and every month.

The exercise: This must be SPECIFIC as well. What you are doing for exercise, how often you are doing the exercises, and the intensity level and amount of time per week spent on the exercises. This must be documented each and every month.

You may e-mail the precert specialists at the following:

For Dr. Shin: Amy.Nafchi@camc.org
For Dr. Rossi: Myisha.Robinson@camc.org

Fax: (304) 343-4850