8102162263 B-1A

Print Name:

Signature:

Date:

· Establish a MyChart account to facilitate efficient communication with providers and staff. You will also
have the option of requesting and canceling appointments.

· Nutrition class I & II will be scheduled and attended as a unit. If you are absent for one of the two classes
you will need to reschedule and attend both classes as a unit to fulfill the requirement. (To be clear this requires repeating class 1 if you miss class 2).

· Our Virtual Nutrition program is conducted through Zoom. Your full attention is required during the
classes and one on one nutrition appointments. This means that we will not allow anyone to be driving or otherwise distracted during these appointments. You are responsible to sign on 10 minutes before the appointment, be sitting attentively (not lying down), taking notes and participating in the sessions.

· Baritastic TM

App will be utilized to maintain a daily food diary for the nutrition appointments. A
self-reported weight will also need to be provided at each individual appointment.

· All Pre-operative Checklist requirements must be completed to be eligible to schedule a surgeon consult.
This is inclusive of medical and nutrition requirements as well as attending our mandatory virtual Pre-op class which will help to prepare you for your hospital experience and a safe and smooth recovery. In order to remain in the program and qualify for bariatric surgery you must complete all requirements within one year of your History & Physical appointment.

· Attendance policy - Our Center's mission is to help all patients succeed on their weight management
journey. The average patient's journey is about 5 months from starting the program until the date of surgery. You have some control over this. Being on-time for appointments, keeping scheduled appointments and rescheduling appointments with advance notice will all help you achieve your end goal. If you call to reschedule after your scheduled appointment time or fail to show up you will be considered a ª no showº. Three ª no showsº will