



UNDERSTANDING YOUR WEIGHT & WELLNESS JOURNEY

Welcome

The team of experts at Northwest Weight & Wellness Center specialize in the treatment of weight gain, obesity and related conditions. Our multi-disciplinary care team is comprised of surgeons, advanced clinical practitioners, registered dietitians, fitness specialists, and mental health providers. We are dedicated to your health and success as you experience a life-changing journey to a healthier you. As part of our team's commitment to you, we would like to take an opportunity to help answer some of your most frequently asked questions.

What is obesity?

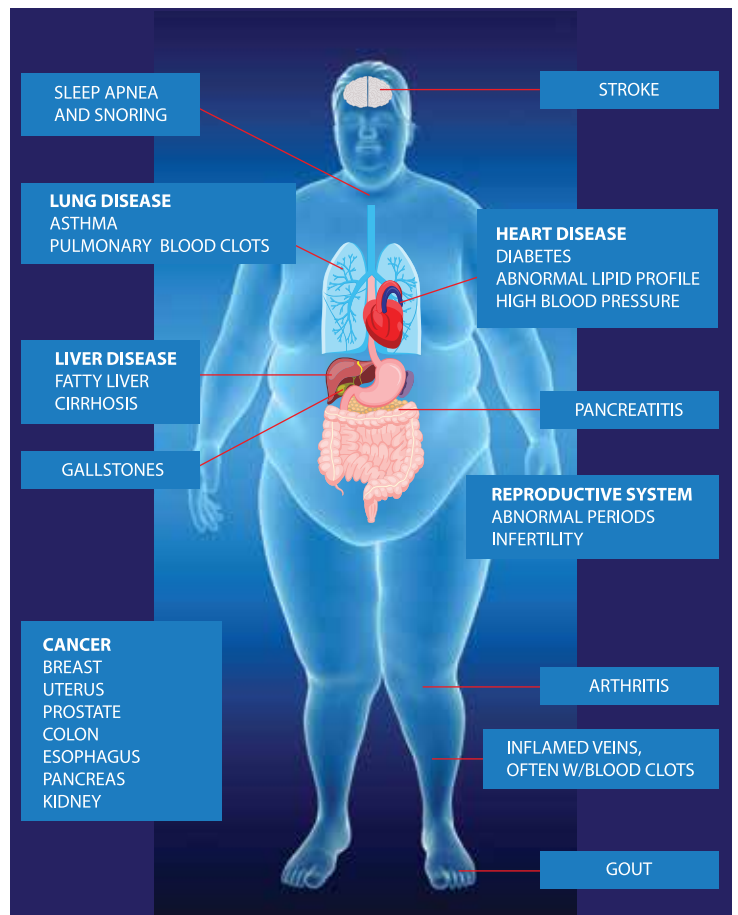
Obesity is a complex and progressive disease with multiple causes that results in an unhealthy accumulation of fat stored in the body. Obesity is influenced by genetic, hormonal, metabolic & psychological factors that all play some part in weight gain. Due to its progressive nature, obesity requires lifelong treatment and control.

What are obesity-related conditions?

There are a number of other conditions related to obesity that contribute to the progression of the disease. Weight gain may cause psychological or emotional distress which may result in hormonal changes that could cause additional weight gain due to increased appetite. Weight gain then contributes to the possible development of other diseases such as high blood pressure, diabetes, heart disease, and depression. On this page is a compilation of disorders stemming from weight gain, obesity and related conditions.

What treatment is available?

Our educated team of experts is here to help guide you through a weight loss journey that is completely individualized based on an assessment of your medical health history, current health, lifestyle and your future weight loss goals. We offer two complete treatment programs: non-surgical weight loss and surgical weight loss.



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What is the non-surgical weight loss program?

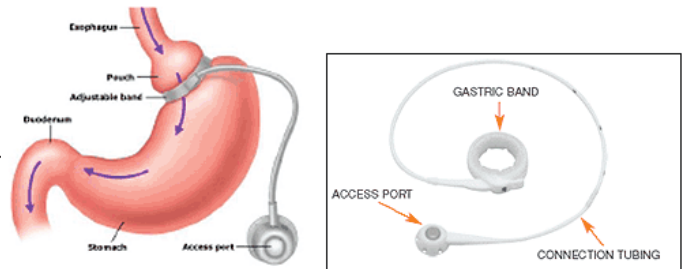
The non-surgical weight loss program is a combination of one-on-one counseling with our medical professionals, nutritional assessment and meal planning with our registered dietitians, and a mobility and fitness evaluation paired with a tailored exercise plan that you can develop with our exercise physiologist. Frequently, we will integrate weight loss medications into your non-surgical weight loss program. These prescription medications help to suppress your appetite and work very well in combination with a lower calorie diet, and increased physical activity.

What is the surgical weight loss program?

If you haven't found the long-term success you're looking for with non-surgical weight loss programs, you still have other options available to you. Studies have shown that weight loss surgery (compared with non-surgical weight loss efforts) has yielded the longest period of sustained weight loss. Northwest Weight & Wellness Center offers three (3) surgical program options. Our surgical weight loss program also involves one-on-one counseling with a surgeon, nutritional assessment and meal planning with our registered dietitians, mobility and fitness evaluation paired with a tailored exercise plan that you can develop with our exercise physiologist, and an appointment with our therapist to discuss the transformational challenges that may lie ahead. Below are the surgical options that we offer here:

Laparoscopic Adjustable Gastric Band (LAGB)

LAP-BAND® surgery involves the placement of an adjustable gastric band around the upper part of the stomach. The band is designed to restrict the amount of food that can be consumed at one time, ultimately resulting in weight loss. The silicone ring (LAP-BAND®) is filled with saline on its inner surface and can be adjusted to increase (fill) or decrease (un-fill) its restrictive capabilities. The band placement creates a smaller stomach pouch that can hold only a small amount of food. The LAP-BAND® controls the stoma (stomach outlet) between the new upper pouch and the lower part of the stomach. When the stomach is smaller, you feel full faster.



Laparoscopic Sleeve Gastrectomy (LSG)

This procedure generates weight loss through reducing the size and capacity of the stomach. The large portion of the stomach along the greater curvature is surgically removed, resulting in a sleeve or tube-like structure and capacity of the stomach is permanently reduced to about 15% of its original size. The nerves to the stomach and the opening of the small intestine (pylorus) remain intact, and the function of the stomach is still well-preserved while drastically reducing its anatomical size. An LSG will significantly reduce your appetite, not only because of the re-sizing of the stomach, but also by decreasing the hunger hormone called ghrelin. This combination promotes rapid weight loss.



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Laparoscopic RNY Gastric Bypass (RNY Bypass)

Gastric bypass surgery uses a combination of restriction and malabsorption to help you lose weight. First, a small stomach pouch is created by dividing the top of the stomach from the rest of the stomach. Next, the first portion of the small intestine is divided, and the bottom end of the small intestine is brought up and connected to the newly created small stomach pouch. The procedure is completed by connecting the top portion of the divided small intestine to the small intestine further down. This allows food to bypass a large portion of the small intestine, where nutrients are absorbed. Having a smaller stomach pouch allows you to feel full sooner and eat less. This combination promotes rapid weight loss.



Am I a good candidate for weight loss surgery?

National Institute of Health (NIH) guidelines state that a person with a Body Mass Index (BMI) of 35-40 with weight-related conditions or a BMI of greater than 40 would be a good candidate for weight loss surgery. See our BMI chart on page 5 for a general guideline. American Society for Metabolic & Bariatric Surgery (ASMBS) guidelines state that anyone with a BMI of 30 or greater is a potential candidate for weight loss surgery.

Will insurance cover my visits at Northwest Weight & Wellness Center?

We accept MOST insurance plans. You can call our office and one of our insurance coordinators will contact your insurance company to verify your benefits. Please be sure that you have your insurance card in front of you, as we will ask for you for the following:

Insurance provider, employer, subscriber name and date of birth (if someone other than yourself), ID number, group number and provider service phone number.

If I don't have insurance benefits for weight loss services or surgery, are there payment plans available?

While we don't currently offer payment plans for surgery, we work closely with companies that offer loan programs, such as: Care Credit, Lending Club and MediCard. Call our office or visit our website for more information. If you don't qualify for a loan, the Obesity Action Coalition (OAC) has a guide called "Working with your insurance provider – A guide to seeking weight loss surgery." that can help you advocate for your surgery to be covered. You can find the guide at: www.obesityaction.org/educational-resources/brochures-and-guides/oac-insurance-guide.

What appointments will I need before surgery?

Part of Northwest Weight & Wellness Center's commitment to you is to ensure you receive the highest quality care in a safe environment. For this reason, we require that you meet with our surgeon and nurse practitioner/physician assistant for a consultation, participate in a psychological evaluation with our mental health provider, assess your nutritional needs with one of our Registered Dietitians and evaluate your mobility and fitness level with our exercise physiologist. From there, your current health and your past medical history will help us determine if and what additional appointment requirements will be necessary.



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What does my follow-up look like after surgery?

We are dedicated to your health and wellness success and will be here after your surgery to walk with you as you journey through your life-changing transformation. Our program for lifelong follow-up appointments is most critical in the first year following surgery. We recognize that your needs and abilities will change, and the goals you set will continue to evolve. We suggest follow-up appointments every month in the first year. We are here to encourage a positive attitude, support you in self-discipline and give you the tools you need to plan ahead.

Do you offer support groups?

Yes! We have a support group that meets in our conference room the second (2nd and 4th) Monday of the month at 6:30pm and the third (3rd) Thursday of the month at 10:00am. Studies show that people who frequently attend weight loss support groups usually lose more weight. It is essential to have a solid support system in place when you are trying to lose weight. Support group is a place to have your questions answered, share your victories, relate to others who have had similar experiences, and get the help and encouragement you need from people who are on a similar journey.

Maintaining a healthy lifestyle is a balancing act, especially when taking care of a family or juggling other aspects of life as it happens. Making changes is uncomfortable but we urge you to give yourself another chance, commit to this process, and allow us to work alongside you as you experience a life-changing journey to a healthier you.

***Experience a life-changing journey
to a healthier you.***





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	Body Mass Index										
	35	36	37	38	39	40	41	42	43	44	45
Height											
4' 10"	167	172	177	181	186	191	196	201	205	210	215
4' 11"	173	178	183	188	193	198	203	208	212	217	222
5' 0"	179	184	189	194	199	204	209	215	220	225	230
5' 1"	185	190	195	201	206	211	217	222	227	232	238
5' 2"	191	196	202	207	213	218	224	229	235	240	246
5' 3"	197	203	208	214	220	225	231	237	242	248	254
5' 4"	203	209	215	221	227	233	238	244	250	256	262
5' 5"	210	216	222	228	234	240	246	252	258	264	270
5' 6"	216	223	229	235	241	247	253	260	266	272	278
5' 7"	223	229	236	242	248	255	261	268	274	280	287
5' 8"	230	236	243	249	256	263	269	276	282	289	295
5' 9"	237	243	250	257	264	270	277	284	291	297	304
5' 10"	243	250	257	264	271	278	285	292	299	306	313
5' 11"	250	258	265	272	279	286	293	301	308	315	322
6' 0"	258	265	272	280	287	294	302	309	316	324	331
6' 1"	265	272	280	287	295	303	310	318	325	333	340
6' 2"	272	280	288	295	303	311	319	326	334	342	350
6' 3"	279	287	295	303	311	319	327	335	343	351	359
6' 4"	287	295	303	312	320	328	336	344	353	361	369

	Body Mass Index										
	46	47	48	49	50	51	52	53	54	55	56
Height											
4' 10"	220	224	229	234	239	244	248	253	258	263	267
4' 11"	227	232	237	242	247	252	257	262	267	272	277
5' 0"	235	240	245	250	255	261	266	271	276	281	286
5' 1"	243	248	254	259	264	269	275	280	285	290	296
5' 2"	251	256	262	267	273	278	284	289	295	300	306
5' 3"	259	265	270	276	282	287	293	299	304	310	315
5' 4"	267	273	279	285	291	296	302	308	314	320	326
5' 5"	276	282	288	294	300	306	312	318	324	330	336
5' 6"	284	291	297	303	309	315	322	328	334	340	346
5' 7"	293	299	306	312	319	325	331	338	344	350	357
5' 8"	302	308	315	322	328	335	341	348	354	361	368
5' 9"	311	318	324	331	338	345	351	358	365	372	378
5' 10"	320	327	334	341	348	355	362	369	376	383	389
5' 11"	329	336	343	351	358	365	372	379	386	394	401
6' 0"	338	346	353	361	368	375	383	390	397	405	412
6' 1"	348	355	363	371	378	386	393	401	408	416	424
6' 2"	358	365	373	381	389	396	404	412	420	427	435
6' 3"	367	375	383	391	399	407	415	423	431	439	447
6' 4"	377	385	394	402	410	418	426	435	443	451	459



CHOOSING YOUR BARIATRIC SURGEON

So, you've decided that you're ready for bariatric surgery. You've researched, done your homework, and found that you're ready to take the next step to begin your journey to a happier, healthier you. The next important step is to find the right doctor to perform your bariatric surgery. The number of bariatric surgeons in Washington State has more than quadrupled over the past decade. With so many doctors to choose from, here are the most important things to consider.

Bariatric Experience

In any medical field, experience reigns supreme. The more experience your surgeon has, the greater your postoperative success will be. When examining different bariatric surgeons, we recommend you look at the following:

- How many years the doctor and/or surgery center been practicing the specialty of bariatrics?
- How many bariatric operations has the surgeon performed?
- Are they board certified?
- Do they belong to or participate in any professional societies?
- Have they written publications based on their research in the field of bariatrics?
- Do they offer BLIS insurance for their self-pay patients?

Most data suggests that the complication rate is directly related to the number of bariatric operations performed by an individual surgeon and the number performed at a given hospital or medical center. Northwest Weight & Wellness Center has been dedicated to the treatment of obesity since 2002. We have performed thousands of operations and continue to have a very low complication rate. In addition to offering surgery at our own state-of-the art facility, we also have privileges at Evergreen Health Medical Center in Kirkland and Providence Regional Medical Center Everett.

Board Certification

Make sure your bariatric surgeon has the appropriate medical credentials. He or she should be state licensed and board certified. Ask if they are a member of the American Society for Metabolic and Bariatric Surgery (ASMBS).

ASMBS Membership

The ASMBS is the only professional society in the United States that's entirely focused on bariatric surgery. In this regard, the ASMBS has proposed guidelines for credentialing both bariatric surgeons and hospitals regarding the special needs of severely obese patients. The ASMBS also offers educational seminars and courses for members and other interested parties throughout the year. We strongly believe that competent bariatric surgeons should regularly attend meetings of the ASMBS in order to remain current within the field. To attain regular membership in the ASMBS, a surgeon must be board certified and in good standing in his/her local community.



CHOOSING YOUR BARIATRIC SURGEON

BLIS Protection / Insurance for Self-Pay Patients

BLISCare is insurance that protects self-pay patients from the cost of a complication. Be sure to ask about BLISCare protection. If insurance does not cover your bariatric surgery, they will not cover any surgical complications either. BLISCare will only partner with the most experienced surgeons who have the lowest complication rates. A surgeon's ability to participate in the BLISCare program is solely based on ongoing, data-driven evaluation of outcomes and complications. If a surgeon has a high number of complications they will not be capable of financially protecting patients with BLISCare coverage.

Strong Commitment to Follow Up Care

Over the years we have found that the patients who maintain lifelong follow-up care with our team, particularly during the first year, enjoy greater success than those who don't. Look at this process as an investment in you and plan to follow up with us at least monthly during the first year. This gives us the opportunity to shape your behaviors into lifelong healthy changes that will enable you to finally get and keep the weight off. If you find yourself struggling and regaining some weight, make it a priority to come in and see us.

Surgery Center Facilities and Hospital Facilities

It's extremely important that the hospital or medical facility where your surgery is located is an Accredited Center through the Metabolic & Bariatric Surgery Accreditation and Quality Program.

Be sure to ask the following questions:

- Is the facility a designated center for bariatric surgery?
- Is the office staff courteous and knowledgeable with regard to your specific needs?
- Does the staff understand the insurance process and nuances associated with insurance billing?
- Are the anesthesiologists experienced and comfortable in managing patients with morbid obesity?
- Is the nursing staff comfortable and well educated with regard to the special needs of bariatric patients?
- Does the facility meet the needs for bariatric patients (i.e., wheelchairs, beds, gowns, restrooms, etc.)?
- Does the facility openly endorse / promote their bariatric surgery program?

Board Certified in Obesity Medicine

The American Board of Obesity Medicine (ABOM) serves the public and the field of obesity medicine by establishing a credentialing protocol and maintaining standards for assessment and certification of candidate physicians. Certification as a diplomat of the ABOM signifies excellence in the practice of obesity medicine and distinguishes a physician as having achieved a high level of competency and understanding in obesity care. We are committed to providing the highest quality individual and personalized care to our patients. We strive to ensure our program meets the physical needs, as well as the emotional and psychological needs, of our patients. We understand that the decision to undergo weight loss surgery is not easy, and we are here to support patients every step of the way. Our dedicated, professionally trained staff is on hand ... We are delighted to help you!



MEET OUR WEIGHT LOSS SURGEONS

Alana Chock, MD, FACS, FASMBS



Dr. Chock is a bariatric surgeon, board certified in general surgery, and a fellow of the American College of Surgeons and the American Society of Metabolic and Bariatric Surgeons.

Dr. Chock earned a Master of Science degree in cell and molecular physiology. She graduated Georgetown University School of Medicine with Alpha Omega Alpha honors. Dr. Chock went on to complete her general surgery residency at the University of California, San Diego, followed by additional fellowship training in advanced laparoscopy at the Texas Endo-surgery Institute in San Antonio, Texas.

Dr. Chock has worked in the field of minimally-invasive surgery and given talks on topics within her field both nationally and internationally. She has trained other surgeons and residents in the field of minimally-invasive surgery while on faculty at the University of California, San Diego Medical Center and was director of the University's Hernia Center. Dr. Chock is also board certified by the American Board of Obesity Medicine and President of the ASMBS State Chapter.

Robert Michaelson, MD, PhD, FACS, FASMBS

Dr. Michaelson is the Medical Director of Northwest Weight & Wellness Center and has been exclusively focused on bariatrics since 2006. Dr. Michaelson is board certified by both the American Board of Surgery and the American Board of Obesity Medicine. He is a fellow of the American College of Surgeons and a fellow of the American Society for Metabolic and Bariatric Surgery. He is Past President of the Washington state chapter of the American Society for Metabolic and Bariatric Surgery and was honorably retired from the Medical Corps of the United States Navy after 23 years of service. He has been named one of Seattle's "Top Docs" four times and was named "Best of Western Washington's" Best Doctor in 2008.



In 1991, Dr. Michaelson received his PhD in Neuroendocrinology while a member of the faculty at the University Of Illinois College Of Medicine. He completed his general surgery training at the University of California, San Diego Medical Center in 2000 and went on to complete intense training in advanced laparoscopic surgery at the Texas Endo-surgery Institute.

Kevin Montgomery, MD, FACS



Dr. Montgomery is a general surgeon with special interest, experience and training in bariatric surgery. Dr. Montgomery earned his bachelor's degree from Columbia University in New York and his M.D. from Albert Einstein College of Medicine. He has specialized in bariatric surgery since 2002. He completed his general surgery training at the University of Washington and practiced general surgery at the Everett Clinic before 2002. He is a member of the American Society for Metabolic and Bariatric Surgery.



INSURANCE VERIFICATION FORM

Northwest Weight & Wellness Center (NWWC) is happy to contact your insurance company to verify your benefits. Please provide complete detailed information below. Once we have verified coverage we will contact you to schedule your consultation appointments. This service is not a guarantee of benefits.

STEP 1: Personal Information		(to be completed by potential patient)	
First Name(legal)	Last Name	Date of Birth	Age
Home Address	City	State	Zip Code
Home Phone	Work Phone	E-mail	
Preferred Phone: <input type="checkbox"/> Home <input type="checkbox"/> Work			
May we leave a message if you are not available? At home <input type="checkbox"/> Yes <input type="checkbox"/> No At work <input type="checkbox"/> Yes <input type="checkbox"/> No			
Height	Weight	BMI	

STEP 2: Primary Insurance Information		(to be completed by potential patient)	
Primary Insurance			
Employer			
Subscriber Name		Relationship to you	
ID Number (including alpha prefix)	Group Number	Co Pay/Deductible	
Provider Customer Service Phone number (located on back of card)			

STEP 2: Insurance Information		(to be completed by potential patient)	
Secondary Insurance			
Employer			
Subscriber Name		Relationship to you	
ID Number (including alpha prefix)	Group Number	Co Pay/Deductible	
Provider Customer Service Phone number (located on back of card)			

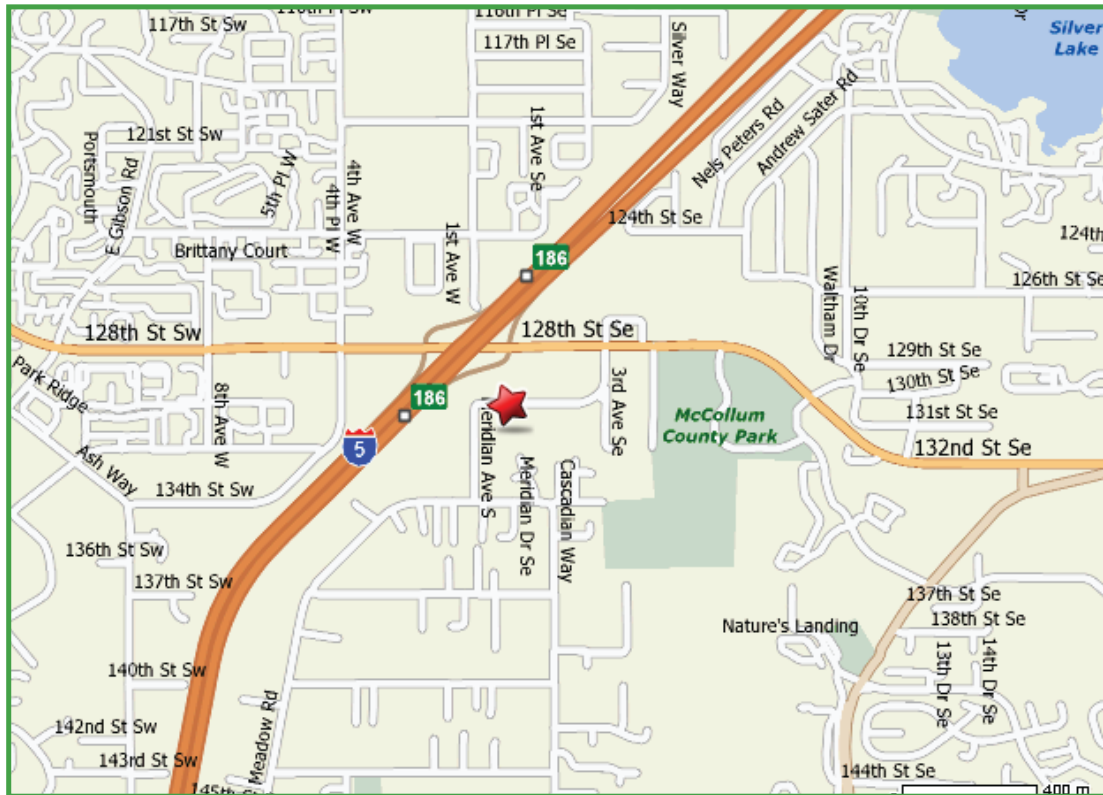
STEP 3: Consent		(to be completed by potential patient)	
<p>I understand that NWWC will use care in their attempts to verify my insurance coverage and will make every effort to accurately report to me information they receives from third parties regarding my insurance coverage. I understand that NWWC can not guarantee the accuracy of information it receives from third parties and that the results of the NWWC findings may differ from my insurance company's ultimate determination of coverage. I understand that the services provided by NWWC can be changed at any time without prior notification.</p>			
Potential Patient Signature		Date	
X			



NORTHWEST

WEIGHT & WELLNESS CENTER

DIRECTIONS TO NWWC



125 130th Street SE Floor 1, Everett, WA 98208

Take I-5 to exit #186 (128th Street) and turn East on 128th. From I-5 Northbound, this is a right-hand turn as you come off the ramp.

Take a right at the first stoplight on 128th, turning onto 3rd Avenue S.E. It will curve to the right and become 130th Street S.E. Just after the curve, you will see a 3-story gray office building on the right.

The entrance to Northwest Weight & Wellness Center is on the first floor.