



Are you ready for weight loss surgery?

NEXT STEPS:

- Check your BMI, if it's over 35 you may be a candidate for surgery.
- Quit Smoking and drinking soda.
- Call your insurance company to discuss requirements for coverage.
- Have a sleep apnea screening done, and be on therapy if needed.
- 3-6 months (or more) consecutive monthly healthy lifestyle counseling visits, depending on insurance.
- Dedicated Bariatric Clearance visit with a psychiatrist.
- Visit with Dr. Fabian after requirements above are met.
- Pre-op weight loss is required for BMI over 50. Weight must be less than 500 pounds prior to surgery. Those with a BMI of 35-50 must not have weight gain during the preoperative program and weight loss is encouraged.

Ready to schedule your initial consult?

Call 641-428-2400

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EXCELLENCE IN BARIATRIC CARE