



# Steps to getting started on your weight loss journey

1

Attend a seminar led by HonorHealth's bariatric surgeons.

**Topics include:**

- ▶ What are HonorHealth's obesity treatment options and how does each of them work?
- ▶ What are the success factors and what are the risks for each treatment?
- ▶ How long will I stay in the hospital?
- ▶ What are the costs involved? Are they covered by insurance or Medicare?

For surgical weight loss, [attend a seminar online](#) or [an in-person seminar](#).



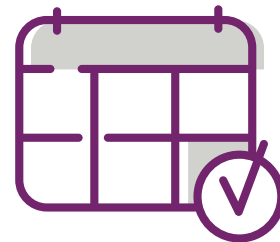
2

Submit [new patient paperwork](#).



3

You'll be scheduled for your first appointment at the HonorHealth Bariatric Center.



## What else should I know?

Most insurance companies require supervised medical weight loss as a pre-requisite to surgery. Please plan accordingly and check with your insurance plan for its requirements.

[Cash pay options](#) are also available for select bariatric services.

**HONORHEALTH**<sup>®</sup>

HonorHealth.com