

SAMPLE PRIMARY CARE LETTER FOR BARIATRIC PRECERTIFICATION

November 11, 2020

Dear Dr. Brian Jacob,

My patient, Sample has been a patient in this office since June 12, 2020. At a current weight of 252 pounds and height of 5'7", they suffer from morbid obesity with a **BMI of 39 kg/m<sup>2</sup>**. Sample patient suffers from several co-morbid conditions related to obesity. Specifically, they suffer from **obstructive sleep apnea** for which (s)he uses CPAP, **diabetes mellitus type 2** for which they are on insulin, and hypertension, for which they maintain on atenolol.

Sample has attempted to lose weight many times in the past. He has participated in a formal, carefully **monitored medically supervised weight loss program for 6 months**. In this program, Sample patient has also participated in commercially available diet programs, such as Weight Watchers from June 2020 - November 2020. (S)he participates regularly in exercise at a gym facility.

Since (s)he commenced this supervised program, the weight loss has been repeatedly measured as follows:

6/12/2020	250lbs
7/13/2020	250lbs
8/11/2020	251lbs
9/14/2020	245lbs
10/18/2020	240lbs
11/11/2020	243lbs

As you can see, from these numbers taken over a period of 6 months, Sample patient met with some success in their weight loss efforts. However, despite the best efforts to comply, the weight loss was not substantial enough to improve overall health or BMI.

At this time, I strongly feel that Sample's only reasonable alternative is weight loss surgery. (S)he requires substantial weight loss to alleviate their health problems and (s)he certainly meets the accepted NIH standard requirements to be a candidate for a weight loss operation.

Sincere Regards,