

# 5 Simple Steps to Weight Loss Surgery Without Insurance

**If you have contacted your insurance provider only to discover that weight loss surgery is not a covered benefit for your particular policy, don't despair... there are still options.**

**Below are the simplified steps to get you quickly on your way to less weight, more energy and feeling your best!**

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## **Take a deep breath and focus on what you want.**

Imagine life without excess weight and what that would mean to you. Make sure you have done your research regarding weight loss surgery and that this 'tool' for rapid weight loss is right for you. If you still have questions, you can watch a very informative webclass with one of the nation's leading weight loss surgeons about weight loss surgery options, risks/benefits and expected outcomes at [www.weightlossofflorida.com/self-pay-program](http://www.weightlossofflorida.com/self-pay-program)



**"I've struggled with my weight my entire adult life. High blood pressure, sleep apnea, fatigue, and joint / knee pain was my daily battle. I had my Vertical Sleeve Gastrectomy in Aug 2021 and now 5 months later, all of those medical conditions are gone. Having the surgery was the best decision I have ever made."**

**-KENNY**

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## Ask questions.

Although you may have looked into this in the past and found surgery costs in the US range from \$16,000-\$28,000 depending upon where you live, there ARE affordable options available. For example, the MIIS Weight Loss Institute. has the lowest self-pay price in our region that also includes a 12 month comprehensive follow-up program. As you do your research into self-pay weight loss surgery options, be sure to ask the following questions:

- What is the total package price for surgery?
- What specific services does that include?
- What additional expenses might be expected?
- What pre-operative and post-operative education and services are included? Is the entire 12 months after surgery included?
- How many surgeries has the surgeon performed?
- Is he/she board certified?
- Is the surgeon/facility a certified Center of Excellence?
- Is there a concierge agent available to coordinate the entire package of services and education?
- What additional online services are included with the program to track and ensure your optimal success?
- Is financing available?



**“My only regret is that I didn’t do this sooner! I’m off all my medications and my joints feel so much better. As a school nurse I found it difficult to speak to my students about their weight while I was so heavy. I no longer use the elevator and only use the stairs. Follow the guidance of Dr. Huguet and his staff and I promise you that you will be so happy. Best of luck to you!”**

**-LORI**

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## Compare your options.

Once you have narrowed down your options, place them side by side so you can make an educated decision. If possible, meet your surgeon and his/her staff. Take into account all of the questions outlined above as well as reviews from previous patients.



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## Seek support.

The decision to have weight loss surgery is YOUR decision. You should do it for yourself, not anyone else. At the same time, it is important as with any change, to surround yourself with supportive people. This includes your surgeon and his office team as well as personal support from family and/or friends. It is also a good idea to attend a support group offered by your preferred surgeon before surgery. This is a great way to meet people at various stages within their weight loss journey, ask questions and expand your support system.



“You can live the life you always wanted!”

-OLIVIA

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### Take action!

There has never been a safer time to have weight loss surgery. But remember, the surgery is just a tool. Understanding how to use your tool is critical to your long-term success. As you make your decision, make sure your surgeon is experienced and your surgery includes a comprehensive behavioral, educational and fitness program for 12 months following surgery.

If you are unsure or confused about your options, you can talk to one of our team members at MIIS Weight Loss Institute. You can also schedule your consultation at [www.weightlossofflorida.com/self-pay-program](http://www.weightlossofflorida.com/self-pay-program)

Once you find the ideal provider and program for you, typical next steps include:

- Online webinar
- On-site seminar with your surgeon
- Individualized consultation with your surgeon
- Determination if any pre-operative clearances are necessary (based upon your medical history)
- Pre-operative education class/preparation
- Pre-operative appointment with your surgeon
- Surgery
- Comprehensive 12 month follow-up educational, behavior modification and fitness program with licensed clinicians and your surgeon
- Weight loss of 75+ pounds and a new, healthier way of living so you can maintain your weight loss for life!