

Monterey County Surgical Associates

General, Vascular, and Advanced Laparoscopic Surgery

Website: montereyurgery.com

2 Upper Ragsdale Drive, Suite B 230

Monterey, CA 93940

Phone: (831) 649-0808

Fax: (831) 649-8795

First Steps to Weight Loss Surgery

If you are ready to find out more about weight-loss surgery, Bariatric surgery, refer to the list below:

1. Talk to your primary Doctor about your interest in weight-loss surgery. Also ask for a letter of medical necessity to support your decision with a referral to see us.
2. Attend an “Informational Seminar” with Dr. Mark Vierra to find out more about the different options with weight loss surgery. Options include: LapBand, Gastric Bypass and Sleeve Gastrectomy. These meetings are held the FIRST Thursday of every month at Community Hospital of the Monterey Peninsula at 7pm. Meetings are also posted on our website: www.Montereyurgery.com under “weight-loss surgery” and also CHOMP’s web site (www.CHOMP.ORG). You do not have to pre-register for this seminar; we do want you to attend at least one time before you meet with us in the office. ***There is no charge for these meeting. Everyone is welcome; please bring a friend or family member along for support.***
3. Find out what your BMI is; please use this site: <http://www.nhlbisupport.com/bmi/> To qualify your BMI (calculation of your height and weight) must be greater than 40, or BMI between 30-40 with a co-morbid condition (like diabetes or high blood pressure). Your doctor or our office will help to determine this. Your insurance company will further define qualifications.
4. Call your insurance company (refer to your insurance card for the number) and discover if “bariatric surgery” is a covered benefit and if your plan has any pre qualifying requirements. Ask your insurance company if your procedure is covered with Dr Vierra at Community Hospital of the Monterey Peninsula.

Call our office for more information: Dr Mark Vierra (831) 649 0808 or email us: DrVierrasoffice@MontereySurgery.com

We will be happy to meet with you and discuss weight loss surgery after you have attended an informational meeting!