

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

**E**mbracing lifestyle habits that support a healthy weight enables people to reach their weight loss goals. Most people have the best intentions to start and maintain healthy habits when they make the decision to have weight loss surgery. They understand that the surgery is just a tool that makes healthful lifestyle choices more effective. Keeping these lifestyle habits a top priority and staying on track can be challenging with all the demands of a busy life. Children's activities. Job demands. Home projects. Family obligations. Holidays. The list of external influences that can knock you off track is endless. How can you stay on track and maintain the lifestyle habits so vital to a healthy weight?

Having specific written goals, an action plan in place, a method to monitor progress, a willingness to take personal responsibility for meeting goals and an accountability system are effective tools. Just as surgery is a tool, these can make healthful lifestyle choices more effective because they increase the likelihood of consistency over time. Rather than looking back at the end of a year and saying, "If only I would have..." each and every day you can purposefully keep yourself on track with your goals.

The first step is to set specific goals. These are goals that are easily measurable. For example, "I am going to walk more" is not specific enough, because there is no way to measure it. "I am going to utilize a pedometer to track the number of

## ACCOUNTABILITY

*Lifestyle habits that support healthy weight*

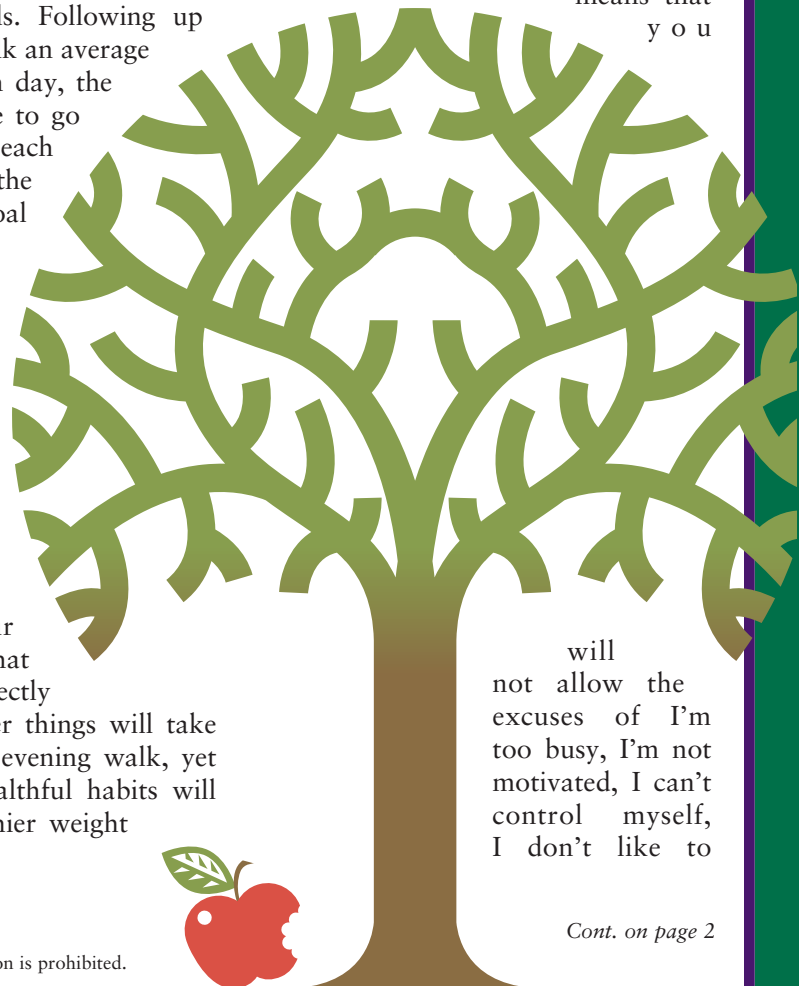
steps that I take each day and walk an average of 9,000 steps each day" is a specific and measurable goal. You should have 3–6 specific goals set at all times related to your health and weight. Review your goals at least one time each day. This will help to make them an integral part of your day.

The second step is to set up an action plan that will enable you to meet your goals. These are the steps you will take to meet your goals. Following up with the goal to walk an average of 9,000 steps each day, the action plan may be to go for a 3-mile walk each evening. Without the action plan, the goal will not be met.

Monitor your progress. If you take the time to set goals and develop an action plan, invest in monitoring your progress. A food and activity log is an effective way to monitor your progress. Realize that you will not eat perfectly and sometime other things will take priority over your evening walk, yet your consistent healthful habits will pay off to a healthier weight and life.

Accepting personal responsibility for meeting goals is key to success—realizing that you are responsible for the choices you make. You, not other people or events, are responsible for the way you think, feel and act. There are going to be things that get in the way, there are going to be setbacks and there are going to be times that you just don't feel like working on your action plan. Taking personal responsibility means that  
y o u

will not allow the excuses of I'm too busy, I'm not motivated, I can't control myself, I don't like to



exercise, those protein drinks are gross or it's not the right time to derail your action plans and goals. Rather than persuading yourself that this is just the way things are and you don't have much control over it, tackle your excuses ahead of time so that they lose their power.

Lastly, find an accountability partner. This person can gently correct you when you need it, celebrate in your success and keep you focused on your goals and action plan. Someone from your Barix Support Group, another weight loss surgery patient, a co-worker or a family member can fit this role. Keep in mind that accountability is an internal experience—no one can make you accountable. However, it may help to have someone invested in your lifestyle choices to know someone is rooting for you and is there for both your triumphs and your weak moments.

An accountability partner should be someone who is not jealous of your weight loss success, has a positive attitude, will give and take support and advice, is trustworthy, is readily available by phone or email, and is going through a similar experience or able to relate to your situation.

## RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. Call us today for more information!

# LOSE THE EXCUSES!

**M**ake a contract with yourself of what you will do instead of giving in to excuses.

The first step is to become aware of the excuses you use most often. Listen to the self-talk that happens in your mind when you don't want to do something that you know you should. What were you saying to yourself when you decided to skip your evening walk? Not enough time, tired or your husband wanted to take you to dinner?

The next step is to find an effective countermeasure. This could be a different way of thinking, a time management strategy, or something that helps you avoid the situation in the first place. If family obligations continue to get in the way of your action plan, take a few minutes in the evening to plan out the next day. Decide what needs to be done and who can help you get it done. Put your dinner in the crock-pot, have your husband pick up the kids from daycare and ask your older child to help the younger one with homework.

Write up a contract with yourself. This is a visible reminder of your commitment to lifestyle habits that support a healthy weight. It is a contract to do things differently and to achieve different results.



Your contract may look something like this:

I, \_\_\_\_\_ agree to the following steps to improve my accountability to myself and commit to the lifestyle habits that support a healthy weight:

1. I will find positive ways to comfort myself without using food. I will go for a walk, take a bubble bath, call my friend Lisa, or read a book. If I slip up, I will do better the next time.
2. I will take the time and put forth the effort to walk an average of 9,000 steps each day. When there is a conflict between my exercise time and other obligations, I will find a reasonable solution that allows me to follow through with my commitment.
3. I will choose foods and beverages that allow me to meet my daily protein goals. I will find options that are acceptable to me. I will choose to start my day with a high protein shake to insure that I meet my daily goals. If I become tired of that routine, I will find another method to meet my daily protein goals. I will ask for help and support if I am unable to reach my protein goals for more than 3 days in a row.

Respectfully agreed to by \_\_\_\_\_

Date \_\_\_\_\_

## IT WORKED FOR ME

Submitted by Trina J.



**K**eeping a daily food and activity log helped me to get back on track with my food choices and exercise. I also started wearing a pedometer and increased my average daily steps from 4,000 steps a day to over 10,000 steps!

# MY ACCOUNTABILITY PLAN

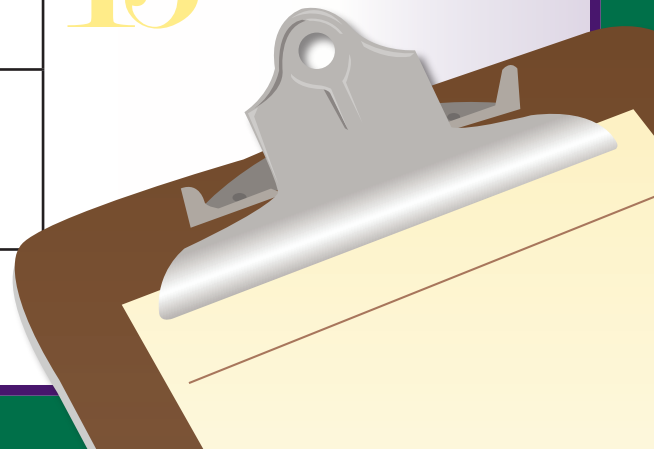
# HEALTHFUL HABITS

Healthy Habits Goals	Action Plan	Monitoring Tool	Accepting Responsibility	Accountability
<b>Sample:</b> Walk 9,000 steps a day-average (63,000 steps a week)	Go for a 3 mile walk each day	Pedometer Food and activity log	Time will be biggest excuse: I will make walking a priority. If I am not able to walk 3 miles one day, I will go for a 6 mile walk the next day.	My friend Maryellen has agreed to be my accountability partner. She is also working to increase her fitness through a walking program.

WebMD has 13 Healthy Habits to Improve Your Life. These go right along with the Barix Healthful Lifestyle Habits. How can you improve your habits for a healthier life?

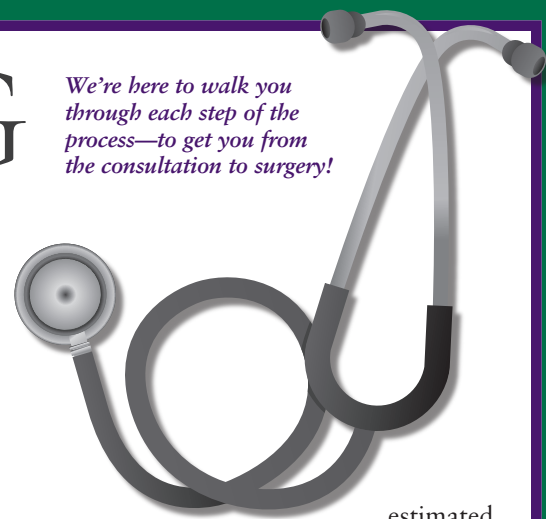
To get more details, visit the WebMD site: <http://www.webmd.com/balance/features/13-healthy-habits-to-improve-your-life?page=1>

- 1 Eat Breakfast Every Morning.
- 2 Add Fish and Omega-3 Fatty Acids to Your Diet
- 3 Get Enough Sleep
- 4 Make Social Connections
- 5 Exercise for Better Health
- 6 Practice Good Dental Hygiene
- 7 Take Up a Hobby
- 8 Protect Your Skin
- 9 Snack the Healthy Way (Fresh Fruits & Veggies)
- 10 Drink Water and Eat Dairy
- 11 Drink Tea
- 12 Take a Daily Walk
- 13 Plan



# CONSIDERING SURGERY

*We're here to walk you through each step of the process—to get you from the consultation to surgery!*



Once a consultation is attended and the decision to have bariatric surgery is made, most people want to schedule surgery as soon as possible. The next months can be trying as you look forward to surgery, but need to meet medical and insurance requirements first. Based upon your individual health history, the surgeon may order clearances to clarify your health status. Insurance companies also have very strict criteria and will not approve the procedure unless their criteria are met. These requirements vary from insurance company to insurance company and can be time consuming and difficult to meet. Understanding the requirements and process may make these hurdles and time delays more bearable.

Both the group practice and the insurance department will be working with you following your consultation. They will be happy to assist you in obtaining the necessary clearances and documentation. However, it is very important that patients take an active role in obtaining the needed documentation. A joint effort in acquiring the documentation speeds up the entire process.

The next step after the consultation is to get a prior authorization from your insurance company to move forward with surgery. Your Barix insurance coordinator will utilize the notes made by the surgeon at your consultation and additional documentation to justify medical necessity of the surgery and obtain this prior authorization. Your coordinator will let you know what documentation your insurance company requires. Most insurance plans require documentation of previous attempts to lose weight. For some, Weight Watcher's receipts are adequate, but others require physician-supervised diet programs. The insurance department can clarify your insurance company's specific requirements and let you know which types of documentation they will accept. Once all the documentation required by your insurance company is received, a letter of medical necessity will be

generated on your behalf to your insurance company. Your assigned insurance coordinator will follow up with your insurance company to check on the status of your request for prior authorization and confirm that any additional documentation has been received and is being processed in a timely manner. They will also keep you apprised of any new developments in your case. It usually takes 3–6 weeks to obtain a response back from the insurance company. After the approval is received, your case will be sent back to the group practice for review of any outstanding medical clearances.

While the insurance coordinator is working on obtaining pre-authorization from your insurance company, you can schedule and obtain the ordered medical clearances. You may need the help of your primary care physician. He/she may need to write a letter stating that you are medically cleared for surgery, document previous weight loss attempts or refer you to specialists for clearances. It can be intimidating to talk to your primary care physician regarding bariatric surgery if you sense that he/she will not be supportive. Many times people are relieved to find that their doctors are supportive of the decision to have surgery. If not, it may be helpful to set up an appointment to talk to him/her about the importance of the procedure to you. You may want to take a family member or friend with you for support.

A group practice representative will stay in contact with you to review what (if any) medical clearances are still needed. Once all pre-operative clearances are received, your case will be sent to your surgeon for final review and sign off before sending your case to the hospital scheduling department.

During this time period the hospital admitting department will contact your insurance company to get an explanation of your surgical benefits. An admitting representative will contact you to review this information and give you an

estimated amount that you will owe for the surgery. This is only an estimate so the amount owed may be more or less. If you have any questions or want to hear an explanation of your benefits yourself, you may do so by calling the customer service number listed on the back of your insurance card.

## *Before you can be scheduled for pre-admission testing and surgery:*

- A written pre-authorization letter from your insurance company must be received.
- All pre-operative medical clearances must be received and the surgeon must review and sign off on them.
- A benefits verification that outlines your out of pocket expenses must be obtained.

Once all these things are completed, the surgical scheduler will contact you to schedule your pre-admission testing and surgery. Pre-Admission Testing is typically scheduled about 2 weeks prior to surgery and includes nutrition education, a physical exam, electrocardiogram (EKG), pulmonary function test, blood tests, and an ultrasound of your gallbladder. You will receive detailed instructions on how to prepare for pre-admission testing when the appointment is scheduled.

The group practice, insurance department, hospital admitting, schedulers and pre-admission testing staff are here to walk you through each step of the process—to get you from the consultation to surgery. They will do their best to consistently communicate with you through each step on your road to surgery. Please feel free to call and ask questions, clarify requirements or check on the status of your case at any time.



# REWARD YOURSELF

This month, you could earn a **\$25 GIFT CERTIFICATE** for your “It Worked For Me” tips or recipes! Just submit as many recipes and “It Worked For Me” tips as you like. The most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by August 31, 2007. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## REQUEST

A FREE BROCHURE FOR YOU OR A FRIEND

AT 800-282-0066, OR [WWW.BARIXINFO.COM](http://WWW.BARIXINFO.COM)



## QUESTIONS?

ABOUT FINANCING YOUR SURGERY...

Call a Barix Patient Service Representative at 800-282-0066.

# RECIPES



## CITRUS GLAZED CHICKEN WITH ALMONDS

From [www.splenda.com](http://www.splenda.com)

4 (4 ounce) chicken breasts, boneless, skinless  
3 tablespoons 100% orange juice concentrate, thawed  
2 tablespoons fresh lemon juice  
1/2 cup chicken broth  
3 tablespoons Splenda  
1-1/2 teaspoons cornstarch  
1 tablespoon butter  
1 tablespoon fresh chives, chopped  
1 tablespoon fresh parsley, chopped  
1/4 cup almonds, sliced and toasted

Preheat oven to 425 degrees F. Place chicken breasts on an ungreased baking sheet (Cover with foil first for easy clean-ups). Brush with one tablespoon of orange juice concentrate (reserve remaining concentrate for sauce). Bake in oven 15-20 minutes or until cooked through.

Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan. Blend together SLENDA® and cornstarch in a small bowl. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8–10 minutes or until the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve. Makes 4 servings.

### NUTRITION INFORMATION

**PER SERVING:** 220 calories; 28 grams protein; 8 grams fat; 8 grams carbohydrate; 200 mg sodium.

## GRANDMA'S POTATO SALAD

Submitted by Mandie R.

1 – 32oz pkg. Ore-Ida Hash Browns Southern Style Potatoes®  
1-1/4 Cup Miracle Whip Free®  
3 TBSP Prepared Mustard (more or less to taste)  
Salt and pepper (to taste)  
1/4 C. White Vinegar  
2–3 TBSP Splenda (more or less depending on how sweet you like)  
6 Hard-boiled eggs (peeled & cubed)

- Heat potatoes in microwave safe container, stirring occasionally, until cooked thoroughly and steaming (appearance will change from white to opaque).
- Sprinkle and toss potatoes with vinegar and Splenda, cover and let set while preparing next step.
- In a separate container combine Miracle Whip, mustard, salt and pepper.
- Combine potatoes, Miracle Whip mix, and eggs.

Cover and refrigerate for at least 3 hours (the longer it sets — the better it gets)

Makes 20-1/2 cup servings.

### NUTRITIONAL INFORMATION

**PER SERVING:** 70 calories; 3 grams protein; 1 gram fat; 12 grams carbohydrate.



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[www.barixclinicsstore.com/newsletter.html](http://www.barixclinicsstore.com/newsletter.html)