

















Your Weight Loss Journey

		Explore			Consult			Procedure			Maintenance		
		Explore	Before 1st visit	Consult 1	Consult 2	Dietitian	Pre-op	Procedure	Post-op	2-12 weeks	12-52 weeks	52 weeks +	
		"It's time to get help"	"What do I need to ask?"	"Is this a magical cure?"	"Which is the best option for me?"	"I'm excited about this new lifestyle"	"I'm ready for change"	"The day is finally here"	"I'm excited to start my new life"	"People have started to notice..."	"I am healthier and happier"	"Now I'm feeling more in control"	
Who Care team involvement		 GP  Phone call with clinic		 Physician	 Surgeon  Practice Nurse	 Dietitian		 Surgeon	 Surgeon  Practice Nurse	 Physician  Dietitian	 Physician  Dietitian	 Physician  Dietitian	
What Your Role		<ul style="list-style-type: none"> Find & learn about treatments & providers Compare providers Explore costs Get referral Book appointment 	<ul style="list-style-type: none"> Learn what to expect in weight loss journey Compile questions for first consult Bring someone for support 	<ul style="list-style-type: none"> Bring medical history detail Understand commitment to lifestyle changes Consider expectations 	<ul style="list-style-type: none"> Understand the costs Explore your role, outcomes, & procedure Decide procedure type Book date 	<ul style="list-style-type: none"> Understand importance of dietary lifestyle changes Discuss current food choice habits Prepare for pre-op diet 	<ul style="list-style-type: none"> Do the pre-op diet Pay costs Get anaesthetist quote Prepare for hospital stay Fill out forms 	<ul style="list-style-type: none"> Be at hospital on time Ensure all forms done Clarify any final questions with surgeon 	<ul style="list-style-type: none"> Discuss post-op condition with surgeon Stick to recovery & self-care guidelines 	<ul style="list-style-type: none"> Adhere to post-op diet Attend follow-up consults 	<ul style="list-style-type: none"> Stick to dietary & lifestyle changes Attend follow-up consults Attend support group 	<ul style="list-style-type: none"> Stick to dietary & lifestyle changes Attend follow-up consults Attend support group 	
Care Team's Role		<ul style="list-style-type: none"> Arrange appointment date 		<ul style="list-style-type: none"> Understand patient's history Review appropriate options Discuss patient's role in journey Organise additional tests 	<ul style="list-style-type: none"> Answer patient questions Review test results Agree on best procedure Explain procedure & lifestyle expectations 	<ul style="list-style-type: none"> Explain pre-op diet importance Discuss hunger & hormones Review food choice habits Explore dietary habit journey 	<ul style="list-style-type: none"> Ensure patient is doing pre-op diet Manage expectations of procedure & hospital stay Ensure forms, costs, insurance 	<ul style="list-style-type: none"> Ensure pre-op diet is done Perform procedure with minimal complications 	<ul style="list-style-type: none"> Check patient's condition Discuss any queries Explain recovery process & expectations 	<ul style="list-style-type: none"> Check patient's condition & progress Manage weight loss expectations Discuss any queries Post-op diet support 	<ul style="list-style-type: none"> Check patient's condition & progress Assist with weight loss management & lifestyle changes Discuss any queries 	<ul style="list-style-type: none"> Check patient's condition & progress Assist with weight loss management & lifestyle changes Discuss any queries 	
How Resources		<ul style="list-style-type: none"> Website / FAQ / Blogs Contact form 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs Info pack 1 	<ul style="list-style-type: none"> Website / FAQ / Blogs Info pack 2 Lifestyle kit 	<ul style="list-style-type: none"> Website / FAQ / Blogs Pre-diet info pack 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs Food diary Support groups 	<ul style="list-style-type: none"> Website / FAQ / Blogs Support groups 	<ul style="list-style-type: none"> Website / FAQ / Blogs Support groups 	