



For Patients

Organization and Procedures in Multimodal Treatment

Useful information and helpful tips on the successful conservative treatment of abnormal obesity:



Multimodal treatment

In order to reduce your health risks and to maintain a sustainable weight loss, it has been recommended you undergo multimodal therapy. This consists of taking part in nutritional and exercise therapy, as well as undergoing psychosomatic assessment, for a period of at least six months. The treatment complies with the guidelines recognized by the German Obesity Society (DAG), relevant specialist medical associations and health insurance companies. The attendance of a multimodal treatment program, with no gaps in attendance, is a prerequisite if you wish your health insurance company to cover the costs of surgery for obesity.

Nutritional therapy

Nutritional therapy takes place once a month for a period of six months (**altogether seven consultations including a final consultation**). The first and the last consultation are individual consultations with our advisors. In the intervening period, you will take part in group meetings with modules on various topics. You will be given an overview of the modules after your first consultation. The costs of the nutritional therapy are not normally paid by your statutory health insurance, so that you must apply to your health insurance company to request them to cover the costs **beforehand**. For this we will provide you with:

- **A medical prescription for nutritional therapy**
- **An estimate of the costs**

Please submit these documents to your health insurance company. After you have received confirmation from your insurance company that they will cover the costs, we can plan the first consultation of your nutritional therapy. For this we require the following documents, which we have already provided you with and which must be signed by you:

- **Cancellation fee agreement**
- **Treatment contract**

Each quarter we will send you an invoice, addressed to you, for the cost of the consultations that had been planned. After you have paid each invoice, you can submit it to your health insurance and request reimbursement of the costs. A direct settlement with your health insurance is not possible. Should you be unable to attend a nutri-

tional consultation, please cancel the appointment at least 48 hours in advance (via email to: az-e@uke.de). Please understand that we must otherwise charge you for the costs incurred, as we are unable to reallocate your place at short notice.

Exercise therapy

Running parallel to the nutritional therapy, multimodal therapy consists of participating in sport **twice a week for 60 minutes per session**. It is important that you can produce evidence of taking part in sport therapy (for instance, by asking the institute you are visiting to give you a stamp as confirmation). Your personal documentation (e.g. taking the dog for a walk, working out on a home trainer, signatures of family members etc.) does NOT count as proof. At the beginning we will provide you with the following to help you get started:

- **A prescription for physiotherapy with equipment (valid for four weeks after issue)**
- **Application for sport rehabilitation (valid for six months after issue)**

You may hand in the physiotherapy prescription at a physiotherapy practice near where you live. We are unable to issue a follow-up prescription for physiotherapy. Should you require one, please contact your local doctor or an orthopedic doctor. You will also require confirmation from your health insurance that they will cover the costs of rehabilitation sport. Therefore, please submit the above application directly to them. After you have received written confirmation that they will cover the costs, you may begin the sport course.

Please only apply to your health insurance company to find a suitable institution or contract partner.

Please document you nutritional and exercise therapy in the appropriate protocols.
You can download the protocols from our web site.
Please note that this documentation is absolutely necessary.

All patients are individually responsible for the length of their multimodal treatment. If the verification documentation is incomplete, or if appointments are not regularly kept, the multimodal treatment may last longer than six months.

The Obesity Team wishes you great success with your multimodal therapy!

Obesity Outpatients

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