



POWR Questions & Answers 2020

1. What is POWR?

- POWR stands for **Pre-Operative Weight Reduction**. This group covers topics to help patients get ready for surgery. It also meets insurance requirements for patients that need to participate in a mandated, medically supervised weight loss program prior to surgery. All are welcome to attend POWR!

2. What's the difference between POWR and a nutrition appointment?

- A nutrition appointment is a **scheduled** appointment with our dietitian that meets our program's preoperative requirements. POWR is an unscheduled nutrition education group meeting.

3. Do I need to make an appointment for POWR?

- You do **not** need to make an appointment! POWR groups meet at various times across all 3 locations. You may attend on the day that works best for you. See attached schedule.

4. How do I meet my insurance requirement?

- You **MUST** attend **at least 1** nutrition visit OR attend 1 POWR group **per month** for the amount of time required by your insurance (i.e. 3-6 consecutive months, depending on your insurance).

5. Do my nutrition appointments count for my insurance requirement?

- YES! Your Nutrition Class, Nutrition Assessment, and Nutrition Follow-up are mandatory for our bariatric program and count towards the insurance requirements.

6. What happens if I miss a month?

- If you **miss** a month, you must **restart** the monthly insurance requirement. (See examples below)

Completed POWR Example

Nutrition Visit/ POWR	Month	Attended?
POWR	March (month 1)	✓
Nutrition Class	April (month 2)	✓
Nutrition Assessment	May (month 3)	✓
Nutrition Follow-up	June (month 4)	✓
POWR	July (month 5)	✓
POWR	August (month 6)	✓
POWR		

Incomplete POWR Example

Nutrition Visit/ POWR	Month	Attended?
Nutrition Class	March (month 1)	✓
Nutrition Assessment	April (month 2)	✓
POWR	April (month 3)	✓
Nutrition follow up Missed	May (month 4)	No
POWR	June (month 1)	*Restart

*please refer to #6

Please note that you **can** attend a POWR group **before** any of your scheduled visits



POWR Locations

Brigham & Women's Faulkner Hospital 1153 Centre St. Boston MA 02130 (617) 983-7000

When: 1st Wednesday of the month

There will be no POWR on January 1, **POWR will be held on January 8 instead.*

Where: 4th floor, Sadowsky Conference Room (room can change; please check at Info Desk)

Time: 9:30-10:30am

Directions to Sadowsky: From 3rd floor entrance, take the elevators to the 4th floor. Take a right out of the elevators and a right around the corner. Sadowsky will be about 20 feet down the hallway on your left. From 1st floor entrance, take the elevators to the 4th floor. Turn right out of the elevators and walk all the way down the hallway until you are forced to turn. Turn right and Sadowsky will be about 20 feet down the hallway on your left.

Brigham and Women's Surgical Associates 51 Performance Dr. Weymouth MA 02189 (781) 624-4906

When: 2nd Monday of the month*

There will be no POWR on October 12, **POWR will be held on October 5 instead.*

Where: 3rd floor conference room in Suite 300

Time: 4:30-5:30pm

Directions to Suite 300: Enter the complex at Entry 2. Take the elevators on your left up to the 3rd floor. Suite 300 will be on your right.

Brigham & Women's Hospital 75 Francis St. Boston MA 02115 (617) 732-8500

When: 4th and 5th Wednesdays of the month*

**There will be no POWR on November 27th and December 25th*

Where: Anesthesia Conference Room

Time: 6:30-7:30pm

Directions to the Anesthesia Conference Room: From 75 Francis Street entrance, bear to your right down the Brigham & Women's "ground pike." You will see the "J" elevator on your left. If you walk past the copper statues, you have gone too far. Take the "J" elevator down to L1. Exit the elevator; you will see a sign pointing to the Anesthesia Conference Room. The room is located at the end of the hall on the right hand side.



<u>JANUARY</u>			
1/8/2020	9:30am	FH	Sadowsky Conference, 4th floor
1/13/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
1/22/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
1/29/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>FEBRUARY</u>			
2/5/2020	9:30am	FH	Sadowsky Conference, 4th floor
2/10/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
2/26/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>MARCH</u>			
3/4/2020	9:30am	FH	Sadowsky Conference, 4th floor
3/9/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
3/25/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>APRIL</u>			
4/1/2020	9:30am	FH	Sadowsky Conference, 4th floor
4/13/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
4/22/2019	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
4/29/2019	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>MAY</u>			
5/6/2020	9:30am	FH	Sadowsky Conference, 4th floor
5/11/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
5/27/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>JUNE</u>			
6/3/2020	9:30am	FH	Sadowsky Conference, 4th floor
6/8/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
6/24/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>JULY</u>			
7/1/2020	9:30am	FH	Sadowsky Conference, 4th floor
7/13/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
7/22/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
7/29/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>AUGUST</u>			
8/5/2020	9:30am	FH	Sadowsky Conference, 4th floor
8/10/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
8/26/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
<u>SEPTEMBER</u>			
9/2/2020	9:30am	FH	Sadowsky Conference, 4th floor
9/14/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
9/23/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
9/30/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1



OCTOBER			
10/7/2020	9:30am	FH	Sadowsky Conference, 4th floor
10/5/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
10/19/2020	4:00pm	BWH	Duncan Reid Conference Room, 2nd floor
10/28/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
NOVEMBER			
11/4/2020	9:30am	FH	Sadowsky Conference, 4th floor
11/9/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
11/25/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
DECEMBER			
12/2/2020	9:30am	FH	Sadowsky Conference, 4th floor
12/14/2020	4:30pm	WEY	Suite 300, 3rd floor Conference Room
12/23/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1
12/30/2020	6:30pm	BWH	Anesthesia Conference Room, Lvl L1

**please note that location may change*