

Services Provided:

- Our Weight Reduction Clinic provides individualized treatment plans offering counseling on nutrition, exercise, medications, and other lifestyle recommendations. Services include one-on-one consultations with a health care provider and follow-up appointments to monitor and adjust treatment. Patients of our Weight Reduction Clinic are also encouraged to come in for occasional weight checks to help track weight loss trajectory.
- We will review lab results and/or order labs as needed to assess for conditions that can have a cause and or effect relationship associated with having excess weight.
- Not every weight reduction plan needs to include weight loss medication, but if appropriate we can discuss medication options and prescribe weight loss medication if necessary.
- In general, medications can be weight neutral, contribute to weight gain, or support weight loss. We will review current medications and make recommendations to be shared with your primary care provider as appropriate.

Next Steps:

To get things started as efficiently as possible we need to know a few things:

- Before attending your first appointment with the Weight Reduction Clinic, find out if your insurance covers weight loss medication/ counseling, as some plans don't cover weight loss medications. We also require a credit card on file to facilitate payments if insurance does not cover, which we will set up prior to your first appointment.
 - Please see the file **Checking Your Benefits** for questions to ask your insurance.
- We also need to know what your weight loss journey has been like so far. We have included documents to find out what has worked, what hasn't, your goals and your in-depth medical history as it relates to weight loss so that we can offer you the most individualized care geared towards your specific goals.
 - Please fill out the **New Patient Medical History Form**, the **Why I Want to Lose Weight** and **How I Want to Lose Weight** forms.
- Finally, we have included two consent forms for the Weight Reduction Clinic and for controlled medications.