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We take an individualized approach when working with our clients on their weight loss goals. Our healthcare team will provide the treatment, guidance, and support necessary to help you achieve your goals and maintain your success. The foundation of successful weight loss is always grounded in a healthy and sustainable nutrition and lifestyle plan. In addition, we have a variety of tools and options to help support successful weight loss including:

- *Nutrition & Lifestyle Coaching with your Registered Dietitian
- *Medical Evaluation with our Nurse Practitioner
- Injectable weight loss medication
- Testing options: Labs, Hormone testing, Food Sensitivities, Nutrigenetic Testing, GI Mapping, Body Composition, Metabolic Rate
- Continuous glucose monitor
- Personalized supplement recommendations
- Shared tracking app
- Body contouring: builds lean muscle, boosts metabolism, destroys areas of stubborn fat, and helps tighten loose skin.
- Weight maintenance planning

*required for weight loss medication.

Medical Weight Loss Program Requirements

- **Initial appointments:**
 - **Registered Dietitian (RD):** Nutrition & lifestyle plan for healthy weight loss.
 - **Nurse Practitioner (NP):** Health history, exam, lab review, & screening for medication approval.
 - **A complete list of medications with dosing:** Weight loss medications can slow gastric emptying which may interfere with absorption of other medications.
 - **Labs:** CMP, CBC, lipid panel, TSH. These should be within last 12 months; if not, please plan to visit your PCP and request lab work.
 - **RD follow-up every 4 weeks**
 - Nutrition & lifestyle coaching
 - Monitoring for tolerance; side effects; appropriate rate of weight loss; nutritional adequacy
 - **Quarterly NP follow-up:** Medical monitoring & medication refills
 - **Rx will be sent directly to you:** If you need assistance with injecting medication, we're happy to schedule a time for you to come to our office.
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Program Costs

Initial Appointment with Registered Dietitian: We're happy to submit to your insurance if you have nutrition benefits for weight management. If you do not have nutrition benefits, please ask about our self-pay discount rate.

Initial Appointment with Nurse Practitioner: We're happy to submit to your insurance. If you do not have benefits for an office visit related to weight management, please ask about our self-pay discount rate.

***A note about insurance billing:** We are happy to submit claims to insurance. However, please be aware that insurance plans vary significantly. Some plans may not cover or may limit benefits for weight related services. It is highly recommended that you contact your plan to verify network status, prior authorization requirements, and benefits. It's also important to understand that once we bill your insurance, they determine your patient responsibility, and we cannot change that determination.*

Once approved for medication, we have 4 options to consider. We suggest choosing the option that allows you to minimize your out-of-pocket expense and maximize insurance benefits.

Option 1*: \$329 per 4 weeks. **Medication only.** Insurance billing for all follow-up appts.

Option 2*: \$359 per 4 weeks. Includes **medication & RD follow-up** every 4 weeks. Insurance billing for NP follow-up only.

Option 3*: \$359 every 4 weeks. Includes **medication & NP follow-up** every 12 weeks. Insurance billing for RD follow-up only.

Option 4: \$389 per 4 weeks. Complete package; no insurance billing. Includes **medication, NP follow-up every 12 weeks, & RD follow-up every 4 weeks**

*Follow-up is required with the RD every 4 weeks and with the NP every 12 weeks to continue medication. If you choose an option that includes insurance billing for any follow-up appointments, please note there may be additional charges in the event insurance does not cover your appointment, applies the appointment to your deductible, or identifies a patient responsibility such as coinsurance or copay.

Payment Options:

Recurring Credit Card Authorization: Your first payment is due when the initial Rx order is placed. Thereafter, your credit card will be automatically charged each time your prescription order is refilled (approximately every 4 weeks).

Financing: Our clinic offers great financing plans through Cherry Financing. Please ask for more information. We'd be happy to help you get the most out of this option.
