

The Summit Health Weight Management program is a six-month program that is designed to help patients with a BMI of 30 or greater achieve medically significant weight loss in order to improve obesity-associated medical conditions as well as overall health. This is to be accomplished with a multidisciplinary approach involving medical management, nutritional guidance, and behavioral support.

Initial Consult

Patients interested in our weight management program will have an initial consult with our Program Coordinator. The Coordinator will review the Weight Management Program in detail and answer any of your questions. If after this discussion, you decide that you are a good candidate for our program and committed to a successful weight loss journey, you will be enrolled in the Weight Management Program. The Program Coordinator will help you schedule your Month One visits. However, it is recommended that you schedule your appointments for the entirety of the program. This will ensure that you have the appointment times of your choice and you can always reschedule when necessary.

Six-Month Program

Month one

- Physician - New Patient Consult
- Nutrition – New Patient Consult
- Behavioral Health – New Patient Consult
- Optional Nutritional and Behavioral Health Virtual Group Sessions

Month Two through Six

- Physician Follow-up Visit
- Nutrition Follow-up Visit
- Behavioral Health – Check-in appointments as needed
- Optional Nutritional and Behavioral Health Virtual Group Sessions

Groups (*Optional, but strongly suggested*)

- Nutrition and Behavioral Health groups
- Strongly encouraged for weight loss success
- Includes weight loss topics as well as open discussion for questions and support
- Group calendar and registration information can be found on the Summit Health Weight Management Website
- **ONLY** patients enrolled in the Weight Management Program can attend group sessions

Final Evaluation Physician Visit:

- **Month Seven** – After patient has completed 6 months of the program
- Physician will review your journey, successes and struggles.
- If you achieve a 5% weight loss from the start of the program, you are eligible to reenroll in the program
- If you do not achieve a 5% weight loss, the physician will review options available to you to optimize your weight loss journey. This may include, but is not limited to:
 - Intensive Nutritional Guidance
 - Intensive Behavioral Therapy
 - Weight Watchers
 - Restore Health, Noom, or other Digital Weight Loss Program
 - Bariatric Surgery Consult

Program Costs

Physician Visits

- Co-Pay is due at the time of the visit (*based on individual plan*)
- Insurance will be billed for the cost of the visit

Nutrition Visits

- Co-Pay is due at the time of the visit (*based on individual plan*)
- Insurance will be billed for the cost of the visit
- Please check with your insurance company about coverage for nutrition visits.
- Patients will be responsible for the cost of any visit not covered by insurance

Behavioral Health

- Behavioral Health is a key component of the Weight Management Program. The skills and behaviors you learn will be vital to helping you lose weight and keeping it off.
- This unique part of our program gives you access to individual and group learning, skill-based modules, and group and on-line support.
- This crucial part of our program is not covered by insurance. The fee for this service is \$600 for the entire 6-month program.
 - When you arrive for your new patient visit with your physician, you will be billed for the \$600 program fee.
 - When you receive the bill, you may pay the \$600 in full, or you have the option to create a payment plan for \$100 per month

Program Costs *(continued)*

- If a patient decides to leave the Weight Management Program, they must notify the Program Coordinator.
 - If a patient leaves the Weight Management Program in the first 3 months the following will apply:
 - If paid the Program Fee was paid in full, the patient will receive a refund for the months not completed **(\$100 per month)**.
 - If the patient created a payment plan, the remaining balance will be cancelled.
 - If a patient leaves the Weight Management Program after completing 3 full months, the Program Fee is **non-refundable**, and the patient would be responsible for the remaining balance of their payment plan.