

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, lifestyle, 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
- Health Coach – New Patient Consult
- Combined (***Nutritional, Behavioral, Lifestyle***) virtual monthly Group Session.

### Month Two through Six

- Physician Follow-up Visit
- Nutrition Follow-up Visit
- Health Coach Follow-Up Visit
- Combined (***Nutritional, Behavioral, Lifestyle***) virtual monthly Group Session.

**Groups** *(Optional, but strongly suggested)*

- Monthly one hour combined Nutrition, Behavioral, and Lifestyle group.
- Strongly encouraged for weight loss success.
- Includes weight loss behavior, and lifestyle 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 a patient has completed 6 months of the program.
- Physician will review their 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 Programs
  - 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.
- Patients will be responsible for the cost of any visit not covered by insurance.

### 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.

### Health Coach Visits

- Health and Lifestyle Coaching 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 and support.
- This crucial part of our program is not covered by insurance. The fee for this service is \$100 for the entire 6-month program.
  - When you arrive for your new patient visit with your physician, you will be billed for the \$100, *non-refundable*, program fee.