

# HEALTHY MEASURES

## Weight Management Program FAQs

### 1. PROGRAM CRITERIA

#### **Do I need to see both the dietitian and the doctor?**

Yes, if your BMI is greater than 30 (see BMI calculator). Based on our experience, patients have the best success rate when working with both providers throughout the course of their treatment.

#### **What if my BMI is under 30 and I still want to see the doctor?**

You would be able to see the doctor, **BUT** your visits would **NOT** be covered through insurance for the doctor's visits. Please refer to the self-pay fee schedule for more information.

#### **Am I required to get labs done before my initial visit?**

Yes, we recommend that you bring your most updated labs and EKG prior to your initial consult. But if that this is not possible, we can order appropriate labs after your visit.

#### **Can I be seen by the dietitian for other nutrition-related issues, such as celiac disease?**

While the nutritionist can tailor your regimen for your specific dietary restrictions/needs, the primary goal of the visit is weight loss.

### 2. INSURANCE

#### **Will you be checking to see if my insurance company covers the nutrition and medical visits?**

Your initial visit with the doctor **WILL** be covered as long as your BMI is greater than 30 (see BMI calculator) Coverage for follow-up visits with the doctor will be determined at the time of your initial consult.

On the other hand, **YOU** will need to check with your insurance company to see if you have coverage for dietitian visits and how many visits will be covered. We will not be able to contact your insurance to determine this.

Insurance companies only allow **ONE** new consult with a dietitian every 3 years. So if you were to see our dietitian you would be paying out of pocket for the consult.

### 3. PROGRAM PROCEDURE/POLICIES

#### **What if I am unable to make it to my appointment?**

We require notification of cancellation at least 24 hours before your scheduled appointment. Cancelling less than 24 hours prior to your appointment and/or not showing up will result in a charge of 50 percent of your visit fees.

#### **What if my visits are not covered?**

You will be provided with a self-pay fee schedule. Again, it is important that you check with your insurance prior to making an appointment--especially to determine coverage of dietician visits.

#### **What are your hours?**

Monday through Friday from 8 a.m. to 5 p.m. Currently, we are not offering evening or weekend hours.

## 4. OFFICE VISITS

### How long are the visits?

The consults with both the dietitian and the doctor are approximately 40 minutes each.

### How often do I have to be seen?

Follow-up visits are determined during each visit and can vary anywhere between 2 to 8 weeks. This can be even longer once you are in maintenance.

### What kind of diet will I be given?

This will be determined after you meet with the dietitian.

### Will I need to be on meal replacements?

Not necessarily. This will also be discussed at your visit(s) with the dietitian. Of note, we often find that patients do well on a meal replacement program especially at the start because it's highly structured and easy to follow.

### Will I start weight loss medications?

This depends on your medical history and your progress in the program.

### How will I be monitored?

We offer optional, free bi-weekly weigh-ins. You will also be seen on a regular basis by the dietitian and/or doctor.

### I am seeing a dietician already, why do I need to see your dietitian?

Our dietician plays an integral part as a member of the weight management team and works closely with the doctor to provide you with the best success.

## 5. EXPECTED WEIGHT LOSS

### How much weight loss should I expect?

This varies from person to person. The program is tailored to your medical and individual needs to offer the most successful and long term weight loss. We find that one of the biggest predictors of success is **YOUR** motivation to get healthier

## 6. UNIQUENESS OF OUR PROGRAM

### What makes your program different from others?

Our program approach is comprehensive and based on the latest medical research on obesity treatments. Throughout the course of your weight loss journey, you will be closely monitored by our medical team. Your medications may need to be adjusted, and you will have more frequent lab monitoring. We will also be working closely with your primary care doctor and/or specialists. If you are an existing Westmed patient, we will also have access to your medical records from **ALL** your providers and will be communicating regularly with them regarding your treatment (medication changes, labs, etc) and overall progress.

Our team consists of highly trained professionals with a cumulative experience of over 10 years in managing weight loss. Our patients will be placed on an individualized plan that fits their lifestyle and personal needs. We strive to create a partnership with our patients where their input and feedback is highly valued. This is necessary for long-term success in our program.

## 7. NEXT STEPS

You should contact your insurance company and find out about your nutrition coverage prior to setting up a consultation. Once you do this and are ready to make an appointment, contact us at **(914) 831-4121**.