

**INFORMATION YOUR PHYSICIAN
MAY FILL OUT**

Name of referring physician:

Obesity related diagnoses:

- 1-
- 2-

Please provide your **OFFICE ADDRESS**
where you want the report sent to:

City: Zip Code:

Or a **FAX #** if you prefer faster response:

() -

Physician signature:

YOUR NEXT APPOINTMENT

With the Center for Weight Control and
Diabetes Management is on

.....at.....AM/PM

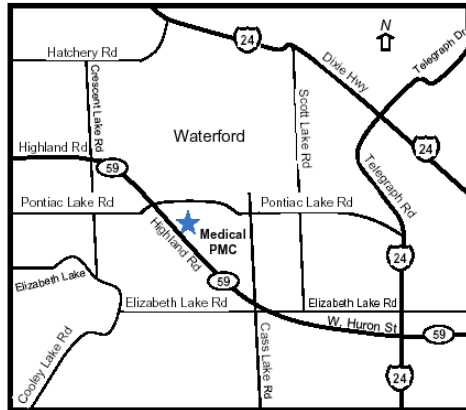
***(PLEASE ARRIVE ½ HOUR EARLIER FOR THE
FIRST VISIT***



WEIGHT CONTROL &

DIABETES MANAGEMENT

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Fax: (248) 681-6494
www.medicalpmc.com**



“Live Longer and Healthier”

**WHY JOIN THIS WEIGHT
CONTROL PROGRAM?**

We recognize that many patients have already tried many other methods to lose weight, only to gain the weight back, along with a sense of disappointment, failure and low self-esteem. We can help you because we adhere to the following principles:

- ✓ You are not alone in this. This is a long-term partnership between you and the team.
- ✓ Multidisciplinary approach involving a medical doctor, psychologist, exercise physiologist and dietitian.
- ✓ Promotion of self-efficiency and empowerment.
- ✓ Gradual but steady progress. Weight gained over months and years may take months and years to lose.
- ✓ Just because previous programs have failed, it does not mean that the patient is guilty of failure or incapable of losing the extra weight.
- ✓ We depend on the most studied, most effective methods of not only losing weight but also keeping it off.

ANSWERS TO YOUR QUESTIONS

Q1- Why should I lose weight?

A. It has been demonstrated that overweight and obese patients who lose as little as 10% of weight will have improved diabetes control, healthier blood pressure, lower bad cholesterol (LDL) and increased good cholesterol (HDL), reduced symptoms of sleep apnea and most certainly will feel psychologically better.

Q2. Would I be eligible if I failed other weight loss programs?

A. Yes, it is never too late to try again.

Q3. Would I be placed on medications?

A. Not initially. Medicines without increased physical activity, behavioral modification and dietary changes do not work. If you are following requirements and you don't lose weight or inches off your waist then medications may be initiated.

Q4. Am I too young or too old?

A. Benefits of weight loss have been shown in all age groups. We accept patients as long as they are 16 years or older.

Q5. Will my insurance cover the services?

A. Many insurance companies will pay for weight management programs only if there are other obesity-related medical conditions like diabetes, heart disease, high cholesterol, sleep apnea, and knee arthritis. You are, however, responsible for any amount not covered by your insurance. The good news, a new IRS rule would allow you to deduct the cost of your weight-loss medical expenses.



HOW DOES THE PROGRAM WORK

The major components of our program include:

- An initial extensive medical evaluation to rule out diseases that may lead to weight gain, and to assess patient ability to tolerate diet and exercise.
- Psychological and behavioral assessment to help promote self-efficiency, positive re-enforcement and queues elimination.
- Assessment of physical ability and medical limitation so we can help you design your own physical activity program to fit your physical abilities as well as your daily schedule.
- Extensive culturally sensitive dietary counseling focusing on healthy choices, portions, and empowerment

Follow Up: With your permission our staff will be making a weekly phone call to check on how you are progressing. We ask patients to meet with the physician at least once a month for the first 6 months or until 10% weight loss has been achieved. You will also be asked to participate in a free monthly support group meeting. Family members are strongly encouraged to attend the support group sessions.