

Personalized, Medically Oriented Weight Loss Program

*We look forward to helping each individual patient*

*to achieve successful weight-loss,*

*which will allow them to feel better and have improved health!*

This Personalized Weight Loss Program Includes:

* Weight-loss evaluation and consultation with

**Julia Cathcart-Chang, PA-C (physician Assistant-Certified)**

* Nutrition and exercise counseling
* Development of a Personalized Weight Loss Plan
* Medication that assists with weight-loss by minimizing hunger
* Injections that help metabolize fat and increase energy

This Medically Oriented Program is appropriate when:

* Body Mass Index (BMI) is greater than 30
* BMI is between 27-30 with associated health issues such as diabetes, hypertension, or sleep apnea
* Patient will benefit from personalized motivation

This program is not appropriate when BMI is lower than 27.

To calculate your BMI, search the internet for “BMI Calculator,” or go to <https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html>

Benefits of participating in this Program:

* Improvement in health—lower cholesterol, reduce blood sugar, reduce cardiac risk factors, reduce fatigue, have more energy
* Patients can expect to lose 4-8% of weight per month, safely
* Medical management provides support and motivation

*What is your weight loss goal?*

*What would you like to improve about your health?*

*Call 253-857-6166 to enroll!*

**The Flow of the Program**:

This individualized program typically lasts 3-6 months.

**Initial Visit with Physician Assistant**:

* Medical Assessment:
  + Review of the starting medical condition(s)
  + Measurement of baseline vital signs
  + Blood tests and an electrocardiogram (EKG), may be necessary
* Develop a Personalized Plan for successful weight-loss
* Receive supportive counseling on nutrition and exercise
* Receive a prescription for weight-loss medication
* Receive one fat-burning injection

**Once a week, for three weeks, following Initial Visit**:

* Receive one additional fat-burning injection per week

**Monthly Visit with Physician Assistant:**

* Motivational review of progress
* Review and update the Personalized Weight Loss Plan
* Receive additional supportive counseling on nutrition and exercise
* Receive a refill of the prescription for weight-loss medication
* Receive one fat-burning injection

**Once a week, for three weeks, following each Monthly Visit:**

* Receive one additional fat burning injection per week

**Success**:

* Many patients have successfully lost weight following this program
* For many patients, the weight loss achieved in this program has led to improvement of their associated health conditions
* This is our third year of offering this Medically Oriented Weight Loss Program

**Costs:**

* These individualized services require cash payment at the time of service
* Health insurance does not cover this elective program
* Discounted “All-Inclusive” monthly package deals are offered