

## Personalized Medical Weight Loss Program

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Primary Phone Number: \_\_\_\_\_

### Select the diagnosis from below (select all the patient has):

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Overweight (BMI: >25 & <30) | <input type="checkbox"/> Obesity (BMI: >30 & <40) | <input type="checkbox"/> Morbid Obesity (BMI: >40) |
| <input type="checkbox"/> Diabetes                    | <input type="checkbox"/> Hypertension             | <input type="checkbox"/> Hyperlipidemia            |
| <input type="checkbox"/> Low Back Pain/Joint Pains   | <input type="checkbox"/> Hypothyroidism           | <input type="checkbox"/> COPD/Asthma               |
| <input type="checkbox"/> Obstructive Sleep Apnea     | <input type="checkbox"/> Arrhythmia               | <input type="checkbox"/> Heart Disease             |
| <input type="checkbox"/> Kidney Disease              | <input type="checkbox"/> Other: _____             |  |

### Pre requisites for the initial visit

Labs: CMP, TSH, Lipids, CBC, HgA1c (if Diabetic) *If these labs are already done, please either fax to our office at (856) 566-6188 or bring it to us at the visit.*

EKG (within the last 6 months). *If no diagnosis, V71.7 (Observation for Suspected Cardiovascular Disease) can be used. Please fax the EKG to our office or bring it to us at the visit. If EKG is not done, we can do one at the visit, as well. Attach recent pertinent labs and medical history information.*

### Referring Physician You can put office stamp or provide information below:

Physician Name: \_\_\_\_\_

Office Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please note this is not an insurance referral.** We are trying to have insurance companies cover the physician supervised medical weight loss program, but not all insurances cover this program currently. Staff will discuss the insurance coverage with patients at the time of appointment. Please refer to our website for more information about insurance coverage. Patients can also self pay, and will greatly benefit even from the first visit, which is where most of the counseling occurs. **Medically supervised weight loss is different. By consistently monitoring your body composition and adjusting your program accordingly, we make sure you burn fat, not muscle, you don't just lose weight, but have an easier time keeping the weight off in the future.**

### Our Programs

Each program is designed to help you safely and effectively lose weight and keep it off. Our programs include:  **Healthy Eating Lifestyle Program (HELP)**  **Very Low Calorie Diet (VLCD) Program**  **New Moms Program**  **Trim and Tone (TNT) Program**  **Diabesity Program**

These programs are customized to each patient's needs and goals. At the initial visit, the patient is assessed for health risk factors, and the patient and physician select the program best suited to the patient.