



## **New Patient Information**

### **Program Summary:**

At Weight No More, I treat overweight and obesity the same way I treat diabetes and hypertension, using combination drug therapy, in addition to diet and exercise protocols. I consider this to be a long term program since we're treating a long term problem. Although diet and exercise are essential adjuncts of any prudent comprehensive program, they rarely, by themselves, result in long term weight loss control. (You already knew that.)

### **Frequency of Visits:**

Patients are initially seen at two week intervals during the first month and monthly thereafter until desired weight loss is achieved.

### **Maintenance:**

Maintenance of one's weight loss is best achieved by continuing medication at the lowest effective dosage, in addition to compliance of diet and exercise protocols. Patients are then seen every six to eight weeks for follow up.

### **Cost:**

Initial consultation:	\$150.00	(not including medication)
Two week visits during the first month:	\$30.00 / each	(not including medication)
Monthly office visits:	\$65.00	(not including medication)

The cost of medication will vary based on dosage, combination of medications used, and insurance coverage. We dispense medication from our office and try our best to charge less than most pharmacies. Patients have the option to obtain their medication either from us, or via a prescription at a pharmacy of their choice. For those who have no insurance coverage for medication, we often give samples when available, or use "generics" which cost less, but are often not as effective.

### **Insurance:**

We are “*Out of Network*” providers for all PPO insurances. Those who have this type of coverage can submit their office visit charges to their respective insurance companies for reimbursement. Although most insurance does not cover “*weight control services*” (how absurd) they often will cover other co-morbid conditions associated with being overweight/obese.

**Cost of Medication:**

The average cost of combination medication on a monthly basis (assuming no insurance) is approximately \$120.00. Although appetite suppressant medications are infrequently covered, most of the other medications we use are. Patients are usually more concerned about the “cost” vs. the “quality” and “effectiveness” of a weight loss program. My hope is that our patients will spend less on food due to eating less, better choices, and smaller portions, to help compensate for medication costs.

**Additional Comments:**

Finally, although I know that Weight No More’s long term success is pounds and pounds lighter and less expensive than most, if not all, commercial or hospital based programs, if a patient is having financial difficulty, they are encouraged to speak with me personally for assistance. Of course, there is no charge if after the initial office consultation, physical examination and explanation of medication, side effects, etc., a patient decides not to begin. Please call or e-mail if you have additional questions.