



MEDICALLY MANAGED WEIGHT LOSS PROGRAM

Frequently Asked Questions

1. *What is the Women's Wellness Center Weight Loss Program?*

The medically managed weight loss program is a proven method for women to get the jump-start they need to meet their weight loss goals. The program involves a pre-determined daily calorie intake, routine exercise and for some patients, it may include a short-term use of prescription medication (which will be determined by the healthcare provider at your initial evaluation).

2. *How overweight do I need to be to qualify for the program?*

Individuals have different health risks, medication uses and unique family histories, which all impact our decision of who qualifies for the program. In order to determine if you would be a candidate, you must come in for an evaluation. We cannot give you that information or an evaluation over the phone.

3. *Will my insurance cover this program?*

Typically, most health insurance plans do not cover weight loss programs deemed non-medically necessary. As a result, we do not file claims to insurance plans for this program. All payments for the program are collected at the time of the service and local pharmacies have very competitive rates for prescribed medications (if your healthcare provider recommends) which ranges from \$18 to \$40 per month.

4. *How often do I need to come for appointments?*

Following your initial assessment appointment, you will be seen weekly for the next 2 weeks. After that point, we will schedule you for an appointment every other week. If everything is going well, we typically then schedule you to be seen every 3 to 4 weeks. Your Women's Wellness Center healthcare provider may need you to be evaluated more frequently depending on your individual health.

5. *If my healthcare provider recommends a weight loss medication, are there any side effects?*

Side effects may include headaches, increased blood pressure, increased heart rate, excessive thirst, insomnia and constipation. A rare side effect includes Pulmonary Hypertension, which can be fatal. In order to help you reach your weight loss goals safely, we need to follow your health status very closely. We want you to succeed and maintain your weight loss.

6. *How do I get started?*

Call us today at 563-588-0011 to schedule an appointment for the weight loss program. Please allow 30-45 minutes for your appointment. If you are new to our office, please arrive 20 minutes early to fill out new patient paperwork. Bring at least one photo identification which shows your current address. Account balances must be paid in full prior to starting the program and we require all payments to be collected at the time of your appointment. We will require a credit card to be on file. If you fail to show for an appointment, a \$30 fee will automatically be charged to your credit card.