



## Hayden Lake Family Physicians *Weight Management Program*

Welcome to Hayden Lake Family Physician's Weight Management Program. We are excited that you have taken this first step toward improving your health and cannot wait to see the progress you will make! Thank you for allowing us to partner with you on this journey.

Our approach to the management of medical obesity is similar to that of other chronic diseases; whole body health and wellness. Our Physician, and Nurse Practitioner will customize a medical weight loss program with your health goals in mind. It will be tailored for your chronic conditions, all while we closely monitor your overall health.

While in our program we will use medications that can be helpful to lose weight and improve overall health. However, these medications can be dangerous and cause significant side effects, so close monitoring by a medical professional is necessary throughout your treatment.

We have partnered with AIM Nutrition to help you work on dietary and lifestyle management starting at the beginning of your treatment to boost your weight loss potential and decrease medication side effects. This step is required to be in our program as we believe it is necessary in order to establish a foundation to maintain your healthy weight loss even after our program and medications end. Changing your lifestyle habits and your mindset towards food will have a lifelong effect in your progress towards health and wellness.

Success is dependent on many factors, and we are here to provide you with the tools to help you achieve sustainable weight loss. As healthcare providers, we measure success not only in "pounds lost" but also in the changes to your overall health, improvement in lab work, discontinuing medications and resolving chronic conditions.

Our providers and team recognize the challenging, life-long endeavor that obesity and weight-loss means, and the difficult journey many take to build a happier and healthier life. We believe that through our medically guided weight loss program we can make your journey more attainable, safer and more sustainable. Together we will celebrate all our success and victories along the way, both on and off the scale. We are committed to helping you succeed and look forward to working with you towards your goals!



# Hayden Lake Family Physicians

## Weight Management Program

# WHY CHOOSE OUR WEIGHT MANAGEMENT PROGRAM?

At Hayden Lake Family Physicians, we believe in a comprehensive, healthy and safely monitored approach to weight loss. We focus on more than just the numbers on the scale. Our program addresses not only medications and nutrition, but also safely monitoring your blood work, your muscle mass, and promoting overall quality of life.

## Our Weight Management Program Includes:

- 1 Weekly injection of Compounded Semaglutide GLP1 and B12 by a healthcare professional titration up to 1.7mg as tolerated
- 2 Weekly weight in and vitals monitoring
- 3 Weekly nursing visit to review how you are feeling and monitor for side effects, reviewed by provider
- 4 Additional Appointments with our Physician or Nurse Practitioner for weight management ever 12 weeks of injections
- 5 Body Composition testing at every 12 weeks of injection
- 6 Additional laboratory monitoring every 6 months

\*\*\* There are many additional discounts and benefits if you are also a part of our wellness concierge program. As us how today!

**Please Note: To be a part of the medical weight loss program you will need to participate in the coordinated nutrition program by AIM Nutrition.**

**Currently insurances are NOT paying for weight management or obesity services with the intention of weight loss.** This includes but is not limited to office visits, laboratory work, Ancillary testing, medications and the administering of medications. The Patient may use FSA/HSA, cash, debit or credit but insurance will **NOT** be billed for these services and payment will be due at the time of service.

**We look forward to working with you on this journey and celebrating with you as you reach all of your goals!**

**Dr Vanessa Graves MD, and Renee Palmer APRN**

Contact us to book your consultation and take the first step towards a healthier, happier you.