

# CENTRA CARE

## Weight Management

### Who We Are

How we're different from commercial programs.

At CentraCare Weight Management we focus on you. Your health and well-being are what matters most to us.

We aren't a national weight loss program with a standardized approach. We pride ourselves on providing a personalized service.

### Obesity

A disease, not a result of poor willpower.

We treat obesity and excess weight just like any other chronic condition. No one blames heart disease on poor willpower, why would we for obesity?

We work with you to find the causes of excess weight and then put a plan together to combat them with medications, lifestyle changes, support, and much more.

### What to Expect

And more importantly, what not to.

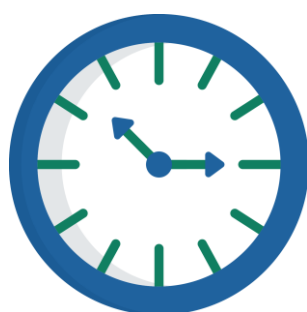
We're here to get you on the right track. We'll be there every step of the way – and we'll be there after you have reached your goal with lifelong maintenance coaching.

At your first visit you will have a panel of labs drawn and see a Provider and Dietitian to assess you and your goals. We then work with you to create a program that is tailored for you.

No lectures, just support.



**1,100 patients**  
served in 2018



**10,500 hours**  
of patient care in 2018



**25,000 lbs. lost**  
by patients in 2018

# To tailor your plan, you may choose a combination of programming options:

## Provider Visits

- ▶ Visit with Obesity medicine specialist
- ▶ Medical oversight of your tailored program
- ▶ Billed to insurance

## Dietitian Visits

- ▶ Nutrition counseling
- ▶ Billed to insurance
- ▶ 3 Visits for \$150
- ▶ 1 Visit for \$75 w/ coaching package

## Coaching

- ▶ Ideal for individuals seeking additional support, motivation and accountability
- ▶ Your choice of coaches including dietitian, exercise, and behavior coaches
- ▶ Options:
  - ▶ 12 Visits for \$325 (use within 6 months) with 1-5 balance visits with Dietitian, monthly maintenance visits and weekly class

## Meal Replacements

- ▶ Meal replacement products can be extremely effective for weight loss
- ▶ 1-4 meal replacement products per day
- ▶ \$14-\$112 weekly

## Maintenance

- ▶ We've committed to offering you a FREE weight maintenance program after completing a 12-visit coaching package
- ▶ We help you keep your weight off through monthly coaching and a tailored program

## Weight Loss Medications

- ▶ Helps you adhere to meal plan
- ▶ Benefits may include reduced cravings, less hunger, and/or improved satiety
- ▶ Billed to insurance

## Intermittent Fasting

- ▶ Alternate Day Fasting
- ▶ Time Restricted Feeding
- ▶ And more!

## Metabolic Testing

- ▶ Beneficial for those frustrated with slow weight loss or weight gain
- ▶ Get information on calorie needs, body fat percentage, lean mass percentage & more
- ▶ Billed to insurance

## Weight Loss Surgery

- ▶ Center of Excellence for bariatric surgery
- ▶ Comprehensive, multi-disciplinary program
- ▶ Program includes Dietitian visits, Surgeon, Physician/APP and Psychologist appointments before and after surgery
- ▶ Billed to insurance- \$300-\$350 for liquid diet before and after surgery
- ▶ FREE Lifelong monthly maintenance starting 6 months post surgery
- ▶ FREE Monthly Surgical support group

## Contact Us

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[centracare.com/services/weight-management/](http://centracare.com/services/weight-management/)