

CENTRACARE Weight Management

Program Pathways

	Pediatric Weight Management	Wellness	Medical	Surgical	Intra-gastric balloon
Audience	Children 6-17 and their families	Adults	Adults	Adults	Adults
Format	Individual appointments with option for group	Individual appointments with option for group	Individual appointments with option for group	Individual appointments	Individual appointments
Duration	Goal of at least 26 visits	12-visit option with weekly classes. Comes with unlimited monthly maintenance.	6 or 12-visit option with weekly classes if desired. 12-visit option comes with unlimited monthly maintenance.	6-8 months pre-surgical process plus lifelong post-surgical follow up.	12-month program plus unlimited monthly maintenance.
Definition	Family-focused programming using individual and group appointments to address excess weight gain in children.	Individual weight loss program led by a registered dietitian who will work with you to create a personalized weight loss plan. Coaching visits in the areas of behavior, exercise and nutrition. Optional weekly classes for additional motivation and support. Meal replacements utilized.	Individual weight loss program led by a provider who will monitor any ongoing health concerns. Program options may include monthly provider visits, coaching visits in the areas of nutrition, exercise and/or behavior, weight loss medications, and/or meal replacement products.	Individuals with a body mass index (BMI) of more than 40 or those with a BMI greater than 35 with a weight-related medical condition may qualify for weight loss surgery. Sleeve gastrectomy and gastric bypass surgeries are the most common procedures.	Individuals with a body mass index (BMI) between 30-40 may qualify for an intragastric balloon procedure. This option involves placing a saline-filled balloon into the stomach through the mouth.

CENTRA CARE Weight Management

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Experience	The child and parent(s) will participate in a family consultation with physician, psychologist, dietitian and exercise specialist. The family will have a variety of options available including: regular provider visits, regular dietitian appointments, shared medical appointments, and classes.	The wellness program begins with a dietitian assessment and meal planning appointment. The program continues with coaching visits with an exercise physiologist, dietitian and/or behaviorist in a 1:1 setting. Support classes are also an option.	The medical program begins with a provider and dietitian assessment and meal plan appointment. The program may continue with monthly provider appointments, regular lab work, coaching visits with an exercise physiologist, dietitian and/or behaviorist in a 1:1 setting. Support classes are also an option.	The surgical program involves 6-8 months of pre-surgery appointments with our surgeon, psychologist and dietitian. Post-surgical appointments include medical and dietitian follow ups, maintenance appointments and support group. Weight loss surgery is performed by our bariatric surgeon at St. Cloud Hospital. Individuals usually spend one night in the hospital.	The intragastric balloon program begins with a provider and dietitian assessment followed by placement of the balloon in the stomach (via mouth) for 6 months. Coaching appointments occur weekly during the first 6 months and monthly thereafter to support lifestyle and dietary changes. The procedure is performed by a surgeon and is an out-patient service.
Outcomes	Stabilize growth pattern. Learn nutrition, behavior and exercise patterns.	<ul style="list-style-type: none"> • Weight loss (5-15%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (10-30%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (24-40%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (10-20%) • Prevent, improve, and/or resolve medical conditions
Main Location	Lifestyle Health	Lifestyle Health	River Campus	River Campus	River Campus
Fees	<p>Insurance billing is utilized for all physician and psychology visits.</p> <p>Dietitian visits may be submitted to insurance or may be paid for with cash.</p> <p>The program includes options that carry an out-of-pocket expense.</p>	<p>12-visit package \$300 +Unlimited access to weight management classes. +Unlimited monthly maintenance.</p> <p>*Visits must be used within 6 months.</p> <p>Approximately \$84 weekly for meal replacement products.</p>	<p>6-visit package \$200 +Unlimited access to weight management classes.</p> <p>12-visit package \$300 +Unlimited access to weight management classes. +Unlimited monthly maintenance.</p> <p>*Visits must be used within 6 months.</p> <p>Lab work and provider visits are billed to insurance.</p> <p>Dietitian visit may be submitted to insurance or may be paid for with cash.</p> <p>Approximately \$28-\$112 weekly for meal replacement products if wanted.</p>	<p>Provider, dietitian and surgical appointments billed to insurance.</p> <p>Hospital and surgery charges are also billed to insurance.</p> <p>An additional out-of-pocket expense of approximately \$350 is needed for the pre- and post-surgery liquid diet.</p>	<p>First provider and dietitian appointments billed to insurance.</p> <p>The 12-month program has a fee of \$8500.</p> <p>An additional out-of-pocket expense of approximately \$120 is needed for 2 weeks of liquid diet products.</p>