

You Signed up for Our Weight Management Program...Now What?



01 - Attend your first scheduled appointment with your weight management medical provider (Donald Cundiff MD, Jenny Kaple NP, Heather Missler NP, or Deb Scally NP).



You will fill out a questionnaire before your first visit to help your provider get a better understanding of your health history and nutrition, physical activity and lifestyle habits. At this visit, your provider will discuss shared goals and expectations, as well as discuss various treatment options that may include medication therapy. You will also get a comprehensive body composition analysis to help tailor short and long term health goals specific to your needs.

02 - Prepare for your body composition analysis at your first visit



- **Avoid intense exercise** for at least 24 hours before your appt.
- **Avoid alcohol** for at least 12 hours before your appt.
- **Avoid eating or drinking large quantities of liquid** 2-3 hours before your appt.
- **Empty your bladder** before the measurement.
- Let your provider know if you have an **electronic implant, cardiac arrhythmia, active prosthesis, are pregnant**, or have a **portable electronic medical device**.
- Be aware that you will need to **remove shoes and socks** for this test.

03- Attend initial group class with your Registered Dietitian (Amanda Clarkson, Amanda Garman, or Andrea Traut).



We recommend you to attend this group session as soon as possible. The initial group class will include effective, science-based strategies for lasting weight loss and preventing or managing chronic diseases. You will discover how to fuel your body with protein, fiber, and nutrient-rich foods that will help you feel full, support your metabolism, and build long-term healthy habits. The dietitians will share tips for making cooking easier, faster and taste delicious!

04 - Attend free exercise education sessions with your exercise physiologist (Ashley Szuch).



Join our free education class on all things fitness with our exercise physiologist to help you get started on your exercise journey. You will learn the basics that you can incorporate at home, at a gym, or at our cardiac rehab gym. If you need more individualized guidance, you can schedule one-on-one time with Madison for a fee. There is also an option to work out on-site in our cardiac rehab gym for a flat fee of \$25 per month (ask for more details).

05 - Attend free weight management support group with a licensed therapist (Tracy Byington)



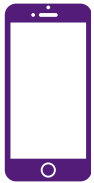
Option to join the free support group for encouraging mindfulness practice as you work towards healthy weight goals. Notice and change unhealthy patterns, identify weight loss obstacles, learn about stress response and coping with stress, and increase confidence and resiliency.

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05- Follow up with your medical provider and dietitian.

These visits are usually monthly for the first few months, and then may be less frequently for your individual needs. If medications are prescribed to aid in your journey, your provider will want to check in with your progress to make sure you are not having unwanted side effects and are tolerating the medication with optimal success. The dietitian visits occur as frequently as you like for accountability. They are offered as one-on-one, virtual, and/or group classes.



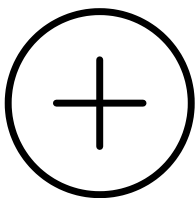
06 - Other important information

If you are interested in medication to support your treatment, it is a good idea to check with your insurance plan to see which products, if any, are covered. If your insurance requires prior authorization for these medications, please be aware that this may take **2-3 weeks** or more to get a determination from your insurance company. When you call the office, expect that it may take up to **48 hours** for a return call.



07 - Sign up for the patient portal

Download the MHealth app or visits www.firelands.com/patientportal. This is the best way to fill out your forms and update your medical history ahead of time. This will save time during the visit so you and your provider can focus on your progress and address any questions. The portal is a convenient place where you can access your visit notes, lab reports, and much more from your phone or computer. Plus, you can directly communicate with your provider through portal messaging.



08 - Extras

- You will be invited to join our group in the **Remind App** to get important messages, new recipes, and helpful tips from our dietitians and exercise physiologist.
- Sign up for interesting and interactive cooking and nutrition classes. You can even request a topic or recipe!
- Join Dr. Cundiff's free book clubs or support groups when offered.
- Request a meeting with our clinical pharmacists for a medication review if you are taking multiple medications from different providers, are concerned about side effects or drug interactions, or just want to increase your understanding of your medication regimen.