



# Hayden Lake Family Physicians *Weight Management Program*

## TRANSFORM YOUR HEALTH WITH OUR MEDICAL WEIGHT LOSS PROGRAM

ARE YOU READY TO EMBARK  
ON A JOURNEY TO A  
HEALTHIER, HAPPIER YOU?



WE'RE HERE TO HELP YOU ACHIEVE YOUR WEIGHT LOSS GOALS  
AND TRANSFORM YOUR HEALTH FOR THE BETTER.



### **Sustainable Weight Loss**

Achieve lasting and  
maintainable results.



### **Personalized Meal Plans:**

Tandem nutrition  
program tailored for you  
and your medical needs.



### **Expert Guidance:**

Physician and Nurse  
Practitioner managed  
program



### **Ongoing Support:**

Weekly monitoring visits  
with our nursing staff



### **Positive Lifestyle Changes:**

Improve or even remove  
chronic health conditions



### **Reclaim your Confidence:**

Achieve your long desired goals  
and improve your Health

[WWW.HAYDENLAKEFP.COM](http://WWW.HAYDENLAKEFP.COM)

OFFICE PHONE (208) 772-0785



# 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 Approach:

- 1 Scientifically Backed Methods**  
Employing evidence-based techniques for successful, and safe weight management
- 2 Physician and Nurse Practitioner Managed**  
Our physician and nurse practitioner will monitor your progress. Providing guidance, education, and accountability from certified experts.
- 3 Whole-Life Wellness Focus**  
Prioritizing not only weight but overall health and happiness.
- 4 Comprehensive Safety Monitoring**  
Our program includes weekly nurse visits, exams with a provider, body composition and laboratory monitoring throughout the program.
- 5 1 on 1 Nutrition Coaching Partnership**  
Customized nutrition specific for your weight loss needs and for your specific medication
- 6 Empowerment through transformation**  
Building confidence and fostering self-empowerment on your journey.

[Get Started Today!](#)

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

Ask us about our Personalized Care Program discount of up to a \$1,500 value on your 48 week program!