



Hayden Lake **FAMILY PHYSICIANS**

8181 Cornerstone Dr. • Hayden Lake, ID 83835 • Telephone (208) 772-0785

MEDICAL WEIGHT MANAGEMENT PROGRAM

Initial Consultation:

- Your medical weight loss consultation with our physician is approximately 45 minutes in length. Depending on your medical conditions, this can sometimes be billed to your insurance. If we are unable to use your insurance, the cost is \$250.
- Included at this visit:
 - Blood work to determine if you are a suitable candidate for medication and ensure safe monitoring. Whenever possible these tests will be billed to your insurance. If insurance coverage is not possible, we will provide you with a one time discount on your cash based labs.
 - Body composition testing to assess your individual needs and establish a baseline for fat and muscle.
 - Establish movement goals: steps goal, educate on resistance training.
 - Establish nutrition goal: determine BMR and calorie goals. Referral for nutrition consultation when determined.

First 12 Months

- You will have monthly office visits.
- We will review your calorie logs (daily average, protein, and fiber intake) and review weight log.
- We will review your exercise goals.
- Adjust Semaglutide dose if appropriate
- Discuss transitioning weekly injections to home injections.
- Provide Semaglutide prescription if appropriate or schedule next 4 weekly clinic injections.

Semaglutide Injections:

- First 1-4 weeks of Semaglutide injections will be done in the clinic. Insurance will not be billed.
- Weeks 5 -8 will be determined at your 1 month office visit

Monthly office visits

- Body composition scan
- Re check appropriate labs
- We will review your calorie logs (daily average, protein, and fiber intake) and review weight log.
- We will review your exercise goals.