



## Midtown Clinic Weight loss

Initial visit is a covered benefit for the patient, with no out of pocket cost.

- This visit is 30 minutes
- Review of current body metrics and goal setting
- Review of past strategies both successful and not
- Discuss barriers to exercise
- Discuss exercise prescription
- Discuss strategies for calorie counting and food diary

There are 3 more visit that are allowed for the patient. These 3 visits will be subject to the patient's deductible.

- Review of tracking of weight loss
- Course correction for problems with compliance
- Nutritional consultation
- Interval training
- Portion size
- Mental health barriers to weight loss