

Resources

1 <https://www.novonordisk-us.com/disease-areas/obesity.html>

2 <https://www.rethinkobesity.com/>

3 <https://www.novonordisk-us.com/disease-areas/obesity.html>

How to support loved ones seeking wellness through medication-assisted weight loss

1. Encourage healthy food choices and progress towards a healthy weight without shame or guilt.
2. Join them in their journey to health by working out together, preparing food, and meal planning.
3. Help them find the resources they need.



Questions for Your Provider

- ✓ Am I a good candidate for medication assisted weight loss?
- ✓ How can I prepare myself to participate in a program like this?
- ✓ What are other weight loss options?
- ✓ How much does the program cost?
- ✓ What is different about the program at WMC compared to other programs in the Denver-Metro area?
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



MEDICATION ASSISTED WEIGHT LOSS



Tired of losing and gaining the same weight over and over?

We know you've tried!

What if there's a biological explanation for the struggle to keep weight off?

Talk to your provider today to get more information.

* 303-428-7449 *

www.westminstermedicalclinic.com

How much does obesity really matter?

We know you want to enjoy a long, joyful life with the people you love.

Obesity can steal away that time: up to eight years can be lost in your longevity! That's because obesity is associated with at least 60 weight-related complications. Things like:

- Depression
- Sleep apnea
- Asthma
- PCOS
- Diabetes
- Cancer ²

A lot of those complications don't just take years off your life, they make the years you do have less enjoyable, too. The good news is your health improves with even modest weight loss!



Obesity costs money, too! People with obesity spend more on doctor visits, costs if hospitalized, and much more on prescriptions when compared to people without obesity. Obesity is a disease, and it can be helped with medication assisted weight loss.

There is real help at WMC.



Prescription medication can help balance hormone and metabolism changes that naturally occur with weight loss. Many times, hormones and metabolism can often cause you to regain weight. Lifestyle is important and an option in combination with medication or lifestyle coaching only. **Most patients at WMC who are doing medication-assisted weight loss and lifestyle are losing 1lb per week!** Let us help. How to get started?

1. Meet with your **Primary Care Provider** to discuss *FDA-approved medication options and lifestyle support*. Sign a **medication consent form that shares risks and benefits to a prescription**. Your first prescription will be sent to the pharmacy.

You may also meet with the **Clinical Pharmacist** to review the medication options, discuss insurance coverage for the medication, and get instructions on how to take the medication.

2. Meet with our **Certified Health Coach** to address critical components in long term-weight loss, including -
 - Obesity as a disease,
 - The role of medication and your long-term goals,
 - Metabolism, hormones,
 - Stress, sleep, body composition, & more!

Costs

Your cost will vary based on your insurance plan, if you have a deductible, and if you choose to take a medication for initial weight loss. The medication cost varies and prescriptions are renewed in medical appointments (which also have a cost based on your plan). Initial weight loss occurs over 16-weeks. WMC bills your insurance (if available) for all visits to your insurance, and Health Coaching is available during or in between medical appointments.

Average Cost of Weight Loss

Prescription costs vary and are not included in the cost estimates below. Talk with your provider or our health coach before deciding which is best for you.

A Team Visit with your primary care provider and health coach on lifestyle and education, 1 visit/month recommended
\$50-\$75/visit per month, \$200-\$300 total
(copay plan)
\$340/visit per month, \$1,360 total
(high-deductible plan or self-pay)

Lifestyle Visit and education with the health coach, 1 visit/month recommended
\$125/visit per month, \$500 total
(cash only, 60-min)
\$60/visit per month, \$240 total
(cash only, 30-min)

Supplements and meals are also available at WMC after the initial weight loss or when the time is right.