

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 Medical 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?
- ✓ _____
- ✓ _____



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. At WMC, our Team and you can address obesity for real change! Let us help. How to get started?

1. Meet with your **Primary Care Provider** to discuss *FDA-approved medication options and the 16-week program.*
2. Meet with the **Clinical Pharmacist** to review the medication options your individual insurance coverage for the medications.
3. Sign a **program consent form with your Primary Care Provider** to start the program, and your first medication prescription written.
4. Meet with our **Certified Health Coach** to address critical components in long term-weight loss, including some of the following -
 - Obesity as a disease,
 - The role of medication and your long-term goals,
 - Metabolism, hormones, and more!
5. Reflect on your personal weight loss journey with our **Certified Health Coach.**

Costs

Your cost for the WMC Medication Assisted Weight Loss Program varies based on your insurance plan and deductible for the medications and office visits. The program is 16-weeks long. WMC bills your insurance (if available) for all visits with your Primary Care Provider and Clinical Pharmacist. Visits with the Certified Health Coach are cash-only. All costs are estimations and may be subject to change based on your plan year. We encourage you to contact your insurance company with any questions.

Estimated Cost of Program

Insurance Coverage \$850 + RX

Self-Pay \$2,550 + RX

Billed to Insurance (Self-Pay fee below), Copays collected at time of service.

- ✘ Initial Visit with PCP - \$250 (max)
- ✘ Medication Visit with Pharmacist - \$250 (max)
- ✘ Program Visits with PCP and Health Coach - \$250/visit (max)

Paid to WMC at the time of enrollment.

- ✘ (4) Health Coach Visits - \$100/visit
- ✘ Body Composition - \$25/each
- ✘ Remote monitoring scale - \$100
- ✘ HeartMath device - \$200 (max)

Supplements and meals available in the program are not covered. Costs vary. Estimated **Medication Cost** for 16 weeks is based on health plans, and paid to the pharmacy.