

# medical weight loss consultations

## *Bariatric and Metabolic Institute*

### WHAT TO EXPECT ON CONSULT DAY:

- Patients will meet with the provider that specializes in obesity medicine.
- The provider will describe the program and everything that is offered in the program, expectations from the patient, etc. (An example is patients are offered appointments with a dietician.)
- Patient and provider will discuss the patient's medical history.
- Provider will give recommendations on anti-obesity medications, life-style modifications, etc.
- Provider will prescribe anti-obesity medication if indicated.
- Patient will schedule follow up appointment in 4-6 weeks after consult. (Make sure to contact the provider if there are any problems with filling prescriptions prescribed.)
- Follow up appointments will be based on how you are doing on your weight loss journey. Tele-visits are offered for some providers upon request.

### BE PREPARED FOR YOUR UPCOMING CONSULT:

- Make sure you get signed up for My Chart. This will show all information regarding your appointment and address where the appointment is located. You will need to be signed up for My Chart and will use My Chart throughout your journey. Prior to each visit with the provider, you will be expected to fill out questions in My Chart that will be used for your treatment plan. Please call the office at **770-219-3416** for more information to get signed up for My Chart.
- We understand that our schedules are booked out several months and many patients would like to come in sooner. You will be added to a wait list unless you request otherwise. If there are cancellations, the staff will call and try to get you in sooner. Please be advised that the staff will call until the appointment is booked therefore we will not be able to leave a message.
- We do have a no-show policy since our schedules are booked out so far. If a patient no shows their appointment or cancels same day, we are unable to reschedule that appointment. If something comes up and you need to reschedule please call the office at 770-219-3416 to reschedule. You must call (at the latest) before end of business the day prior to your scheduled appointment to get rescheduled.
- Please bring a copy of any medical testing that you have had performed outside of NGHS that is not already listed in My Chart. Examples include laboratory results, sleep study, etc.
- If you have not had recent bloodwork, please come to your consult fasting for at least 8 hours prior. This is nothing to eat or drink except for plain water.
- If you have pharmacy benefits with your insurance, please contact your insurance and ask which anti-obesity medications are covered under your plan. Please bring this information to your consult for the provider to review. This will simply help the provider choose the best medication option for you that is most cost effective. Medications include: Qsymia, Contrave, Phentermine, Saxenda, Wegovy, Xenical, and Plenity. Please note: Your insurance may not cover any of the anti-obesity medications listed. That's okay! We can still see you for consult and give other recommendations for medications (that are more affordable), meal replacements, life-style modifications, etc. Also we understand that it can be difficult to reach a representative at some insurance companies, therefore this is NOT a requirement prior to your appointment – just a suggestion.

