

WEIGHT MANAGEMENT EVALUATION AND TREATMENT

The Weight Management Evaluation begins with an initial medical consultation to review your health and weight history. Follow up visits are scheduled monthly, thereafter. When maintenance weight or goals are achieved, follow up visits can be scheduled for longer intervals.

Evaluation

Initial Visit includes a comprehensive assessment (allow approximately 50 minutes):

- Medical History Review
- Symptom Review
- Focused Physical Examination
- Body Composition Measurements using Bioelectric Impedance Analysis
- Laboratory Tests may be ordered at this visit (If indicated may also include vitamin, nutrition, and hormone testing based on assessment of your risks). Some patients with heart disease may require a 12 lead EKG. If you have recent lab tests or an EKG, please bring them with you.
- Take home initial treatment plan

Follow up Visits (allow approximately 25 minutes):

- Repeat Body Composition Measurements
- Review progress (weight/fat loss) since last visit
- Review and adjust treatment plan if indicated

Treatment Plan

- Treatment recommendations begin immediately with the first visit and are adjusted or modified at each visit based on your medical issues and/or progress
- Nutrition plan is based on your calculated basal metabolic rate and personal preferences
- When medically indicated, your plan may include prescription weight loss medications.
- Follow up medical care is important for long term weight maintenance

WHAT TO BRING TO YOUR FIRST APPOINTMENT:

- ✓ Please print the Patient Medical History Form, fill it out, and bring it to your appointment
- ✓ Please print, read, and sign the Notice of Privacy Practices form and bring it to your appointment

- ✓ Please print, read, and bring the Consent Form, to your appointment.
- ✓ Please print, read, and sign the Patient Intake Form, and bring it to your appointment

WHAT TO WEAR TO EACH APPOINTMENT:

Please wear light weight comfortable clothes and easy to remove shoes and socks. The body composition measurements require standing barefoot on the scale.

HOW MUCH DOES IT COST:

- New Patient, First Visit (50 minutes) \$225 + NM Tax
- Each follow up visit (25 minutes).....\$95 + NM Tax

(approximately monthly until at maintenance; longer intervals can be scheduled after maintenance is reached)

- Restart --\$199 + NM Tax (if not seen in over 12 months)

Payments accepted: Visa, MasterCard, Discover Card, American Express, Cash, Check

Please note that a \$100 deposit is required to HOLD your reserved appointment time for your first appointment. It will be applied towards the cost of your first visit.

Deposits are not required for follow-up visits.

Payment in full is due at the time of the visit.

NO SHOW AND CANCELLATION POLICY:

No Show for first visit	\$100 (your deposit will not be refunded)
No Show follow up visit	\$50

Other Important Notations:

- Dr. Romero does not provide primary care. It is strongly recommended that you have a primary provider for your routine health care.
- As a courtesy, Dr. Romero can provide a superbill (medical bill) for you to submit to your insurance. Some insurance plans might reimburse you for some of the costs of weight

management. Some expenses can also be submitted to your Flexible Medical Spending Plan. Dr. Romero does not contract with or bill insurances directly.

- Laboratory and EKG services are not included in the above charges. Dr. Romero will give you orders for you to take to the laboratory. These are usually covered by your insurance.
- Dr. Romero does not dispense medications in the office. You will be given a written prescription for you to take to the pharmacy of your choice. Some prescription medications may be covered by your insurance plan. Several pharmacies offer cost savings cards to help with prescription costs.
- There are no contracts, no membership fees, and no program fees or costs, but timely follow up appointments with Dr. Romero are required for medical monitoring and prescription medication refills.
- The cost is per office visit (Initial or follow-up) one-on-one consultation with the physician and there are no refunds of the physician fee.
- There are no guarantees that you will get to your weight loss goals. Weight Loss will vary depending on starting weight, medical conditions, adherence to prescribed treatment plans, and individual responsiveness to medications. The bottom line though, we don't give up!