

STEPUP

**A Program Singularly Focused on
You to Help You Lose Weight...
and Keep It Off!**

**Medically Supervised to Give You
the Start You Need**

**Clinically Shown to Improve
Blood Pressure, Cholesterol,
and Blood Sugar**

We Are Ready to Help!

It Is Your Time to StepUP!



**PREMIER
FAMILY
PHYSICIANS**

Welcome to StepUP!

We are excited that you have decided to reclaim control of your life and health and look forward to partnering with you to get your weight under control.

SOME THINGS TO KNOW:

1. StepUP recommends regular visits

Accountability starts with regular visits, which is critical for us to safely prescribe medications and monitor your progress as you lose weight. As you progress through the program, we may need to see you more often if you hit plateaus in your weight loss. We may try new strategies to get you going again.

2. The cost of StepUP may be covered by your health insurance

We will bill any insurance you have just as we would with any other medical issue. We will, however, be accurate in all our billing processes by including codes for obesity. Please be aware that some insurance denies coverage for obesity treatment, and you would then be responsible for the cost of the visits (approximately \$112-\$158 per visit), not including any lab work that may be necessary). You may be able to clarify whether you have coverage by calling your health insurer before you start the program.

3. StepUP involves using prescription medications

You may be prescribed medications to help you lose weight. Some of the medications we use are not FDA-approved for this purpose. However, all medications we use are frequently prescribed by doctors for weight loss, and we will always advise you of any risks involved with using any medications we prescribe to you. The costs of these medications may be covered by your insurance, but we cannot guarantee that. Because we are using them for non-FDA approved reasons your insurer may decline to cover them, and we cannot change that.

4. StepUP can help with your blood sugar, cholesterol, and blood pressure

Our diet will help you achieve beneficial health goals but is not intended to replace advice given by your doctor. If you are unsure of whether the StepUP diet can be helpful or is safe for you, please discuss this with your doctor. Rapid weight loss rarely can result in the development of gallstones or vitamin deficiencies, so please keep us informed of any new symptoms as we progress through the program.

StepUP Dietary Plan Eligibility Criteria

Here are the criteria for you to be eligible for our dietary plan.

CRITERIA:

1. Age

You must be 18 or older.

2. Weight

You must have a Body Mass Index (BMI) of 30 or greater, or a BMI of 27 or greater if you also have any obesity-related illnesses such as diabetes, high blood pressure, high cholesterol, sleep apnea, or arthritis.

3. Health

You must have controlled and stable health conditions.

If you have any other illnesses, they should be stabilized prior to consulting one of our providers. For instance, if your diabetes is out of control, or your blood pressure is poorly controlled, please consult with your primary care doctor for their advice prior to coming to see us.