

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 requires regular visits

Accountability starts with regular visits weekly for the first month, every two weeks for the following two months, then monthly to complete a total of six months. This 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

We think accountability is critical, and would love for you to join us on Twitter (@stepupplan) for regular updates and encouragement. However, be aware that your identity may not be anonymous, so be careful what you share!

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 \$100 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 prescriptive medications

You will 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.

There are many commonly used medications which you may currently be taking which may result in weight gain. We may advise you to change those medications in order to achieve weight loss. Your regular doctor here at Premier Family Physicians will be advised of any changes to your existing medication regimen. The provider

who treats your excess weight does not intend to take the place of your regular provider, and we urge you to continue to see him/her for your routine healthcare needs

4. StepUP can help with your cholesterol and blood pressure

Our diet is based on concepts from the DASH diet, a nationally recognized, medically proven diet, which results in lower blood pressure and lower cholesterol. While this diet should also help control your blood sugar, it is not intended to replace diabetic dietary advice which may have been given to you by your doctor

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 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

I have read and understand the information listed above:

_____ Date: ____ / ____ / _____

StepUP Tips

Here are some additional tips to be aware of with our dietary plan.

HELPFUL TIPS:

1. Drink water

We recommend you drink at least 64 ounces of water daily.

2. Use technology

For those of you who love to use Apps, check out myfitnesspal. This App allows you to track calories, has calorie counts for common foods, and has a searchable function for local calorie counts of local eateries.

3. Be social

Twitter – we would be pleased if you would follow us on Twitter (@stepupplan). If you do not use this social media outlet yet, now is a good time. If you will follow us, you'll get our daily (mostly) updates and reminders. This may be a great way to keep you on track, and allows us to live in community together as we all try to lose weight. Just be aware that comments on Twitter are not confidential, though when you sign up you can certainly remain anonymous by being creative with the user name (bastropmama, greatgrandma2, lovethosehorns,etc.). Please use the email through our website for any questions of a personal nature.

If you need help, check out <http://news.cnet.com/newbies-guide-to-twitter/>.

4. Make it work

Mels Meals – a source for nutritious, prepackaged foods brought directly to you. We've tried them, and like them!

5. Get more support

RunTex has a special lifestyle program designed just for folks 100 pounds overweight or more. More than just exercise, it focuses on a total lifestyle change. Find more information at <http://www.atx100.eventbrite.com>.

StepUP Dietary Plan Eligibility Criteria

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

CRITERIA:

1. Age

You must be age 18 or older.

2. Weight

You must have a Body Mass Index (BMI) of 30 or greater, or BMI 27 or greater if you also have any obesity related illnesses such as diabetes, high blood pressure, high cholesterol, 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 his advice prior to coming to see us.