

Initial consultation

- Assessment and body fat analysis (this helps in determining a patient's current conditions and weight loss needs/goals)
- Initial physician consultation (Doctor gives physical and ensures patient is a good candidate for the program)
- Complete metabolic Panel Lab Test (blood work to ensure no underlying conditions for weight gain)
- Thyroid Stimulating Hormone Lab Test (blood work to ensure no underlying conditions for weight gain)
- EKG Test (not at all locations)
- 1 month supply of ketone urinalysis strips (strips used daily to measure level of fat burning)
- 1st week behavioral work session (discussion of how program works, how to use materials, and customized goals and nutrition planning)
- Food&Fitness Journal (used to track activity and nutrition throughout program for best results)
- Nutrition Plan (customized and complete nutritional guidelines)
- 1 Micadrin B12 injection (provides energy and fat mobilization)
- 7 day supply of prescription appetite suppressant (dependent on physician approval)
- New patient information kit (variety of support materials to get patient started on program)
- Full access to online patient portal (over 70 recipes as well as electronic versions of all patient materials)

Weekly follow up visits:

- 1 Micadrin B12 injection (energy and fat mobilization)
- 7 day supply of prescription appetite suppressant (if physician prescribes)
- Weekly work session (cognitive behavioral therapy session, different topic each week relating to weight loss/gain)
- Previous week's performance review and assessment (ensures patient is on the right track and losing weight)
- Vitals Check and Medical staff consultation (ensures patient's weight loss is safe and healthy as well as customized to their body and lifestyles)

-Weigh in (measures not only weight but body fat and water % to track all factors that can influence weight)

Physician's Promise Program- life of the program supply of each of the following supplements: Micadrin Es, Ignite, Lipastat, Carbalase, and Multi-Vitamins plus a guarantee that the patient will lose a minimum of 10% of their starting weight or their money back.