 **GENERAL MEDICAL RECORD TEMPLATE FOR HOPE SESSIONS/VISITS**

CC: Weight management

If needed, 5As addressed:

HPI: (person’s name) is here today for their Xth weight management visit. (Person’s name) is interested in receiving Intensive Behavioral Therapy for Obesity. (Person’s name) has the following obesity-related comorbidities: X, Y and Z. Their BMI is currently X. Their long-term goal is to lose approximately X pounds (10% of starting body weight) and to participate in at least 175 minutes of moderate intensity activity each week.

They are working on diet and exercise changes, primarily through setting SMART goals. Since the last visit, they (describe goals, progress on SMART goals) and lost X pounds/remained at same weight. REVIEW ANY OTHER CLINICAL PARAMETERS YOU ARE MONITORING.

Today we discussed (HOPE session topic(s)). (Person’s name) reports X, Y and Z (mentions how that topic is specific to that person e.g. they eat when stressed, impulse buy, hard to find time to exercise, sleep issues, etc.). We discussed behavioral change and support that could address these issues.

With regards to medical management: (include text here about any meds you are prescribing or changes you have made. Also, any plans for referrals to other professionals.)

Other comorbidities addressed today include:

Physical Exam: (include vitals, BMI) and adequate elements for billing and for the a/p.

Assessment/Plan:

1. Obesity E66.01 (or other E66.XX code): X pounds lost since last visit. Continues to work on lifestyle change through behavioral therapy and goal setting. Today we discussed X. SMART goals set today include [diet goal], [physical activity goal] and [self-care/stress reduction goal]. Medical treatment for obesity includes X. Referrals made to X. See back for next visit in X weeks.
2. BMI Z68.XX (based on person’s BMI)
3. COMORBIDITIES as addressed