

My Plan

Practical Solutions for Weight Management in Primary Care

<https://medschool.cuanschutz.edu/weightmanagementinprimarycare>

WHICH model will you choose?

Choose one or more.

- Integrated Model (blended in with patient care)
- Group Model
- Hire a Professional
- Purchase a Program

WHO will deliver the weight management counseling/program/services directly to patients?

Choose one or more.

- MD/DO
- Advanced Practice Provider (NP or PA)
- RDN
- RN/health coach
- Behavioral Health Provider (BHP; clinical social worker, psychologist, licensed counselor)
- Other:

WHEN will the person delivering the weight management do this?

Choose one or more.

- During regular patient visit times
- One-time group in daytime
- One-time group in evening
- Other:

HOW will you organize this?

Choose one or more.

- Individual visits with patients
- Group visits
- Other:

WHO will coordinate activities happening with weight management in the practice?

Name of person and their role

WHERE will you provide this program/service?

Choose one or more.

Clinic

Other Location:

HOW will you get reimbursed for providing weight management?

Choose one or more.

Insurance Billing -- Specify Codes:

Quality improvement or performance payment program -- Specify:

Patient self-pay -- Amount per visit/service:

Selling products such as supplements, meal replacements, other services

Other:

WHAT content/treatment options will be available?

Choose one or more.

Healthy lifestyle and behavior change counseling

Specific diet guidance such as: DASH, Mediterranean, high protein/Adkins, restricted time eating, intermittent fasting

Obesity medications

Structured exercise options (walking group, etc.)

Meal replacement program

Other: