



## **Would you like medical help with weight loss and weight loss maintenance?**

If so, please schedule your initial “weight-prioritized visit” at the clinic where you see your primary care provider (PCP). At this visit, your provider:

- Will discuss available options for helping you with weight loss appropriate to your situation.
- This will include healthy lifestyle advice (diet, exercise, sleep, stress, etc.)
- Other possible options like medications, behavioral health support, surgery or other programs or services.
- Follow-up “weight-prioritized visits” can be scheduled on-line or by phone via Patient Line.

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PATHWEIGH is NOT is weight loss program per se.

- There is no one-size fits all recipe and there is no extra fee.
- We will not sell you food, nutritional supplements or require you to attend classes.
- We strive to make weight management in medical practice as routine as taking your blood pressure.
- Weight loss can improve or cure things like diabetes, high blood pressure, sleep apnea, orthopedic problems, depression and more.

**We are interested in helping you live your best life!**

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