



# Mercy Clinic Weight & Wellness

## Ballwin

15945 Clayton Road, Suite 310  
Ballwin, MO 63011  
P: 636-893-1356 • F: 636-893-1358

## O'Fallon

300 Winding Woods Drive, Suite 206  
O'Fallon, MO 63366  
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## How Mercy Clinic Weight and Wellness works:

### Structured Weight Loss Program:

Our structured program is a long-term program that provides you with the support needed to achieve your weight goals through an individualized treatment plan developed at your first visit.

How it works:

- For the first six months of the program, you will have visits with us every 4-6 weeks. These visits will be with various members of your treatment team. Our team consists of physicians, nurse practitioners, and registered dietitians who all have training or certification in Obesity Medicine.
- At each visit we will review your current weight loss progress and monitor or adjust your weight loss plan as needed.
- Access to two, 30-minute, Return to Move Program sessions from Mercy Sports Performance powered by EXOS designed specifically for Weight and Wellness. *\*evening & weekend availability*

*For the first six months, we do require monthly visits with our team. Many of these visits can be virtual visits if that is helpful for scheduling.*

At the completion of your first 6 months in the program, we will continue to see you long-term to help you reach and maintain your weight loss goals. Our visits will space out to be every 2-6 months depending on your need.

If you have Medicare, you are eligible for an additional benefit called Intensive Behavioral Therapy, ask your provider if you want to schedule more frequent visits with our dietitians to take advantage of this benefit:

- Weekly visits for the first month
- Bi-weekly visits for months 2-6.

### Coverage and Cost:

*There is a one-time program fee of \$60 at your initial visit and all other charges will be billed to your insurance. Medical visits are billed as any other office visit with a healthcare provider and are subject to usual copays, deductibles, and coinsurance.*



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## What to Expect:

### Initial Visit:

Please allow two hours for your initial visit. Your first visit will include:

- In-depth weight-related health assessment with a nurse practitioner and registered dietitian.
- Development of an individualized weight management treatment plan based on 4 pillars of weight management: nutrition, physical activity, behavior, and medication.
- A body composition analysis will be performed. Blood work or other diagnostic testing may be ordered based on individual needs.

### Second Visit:

Your second appointment will be with an obesity medicine physician. Your treatment plan that was established at the initial appointment will be reviewed and revised if needed.

### Subsequent Appointments:

The next 5 visits will be monthly with the nurse practitioner or physician, and many of these appointments will also include a check-in with the dietitian. These appointments will help you work on your weight management treatment plan to help you reach your goals. At your 6-month mark, another body composition analysis will be completed to track your progress and repeat blood work may be ordered if indicated.

After the initial 6 months, your visits will be scheduled less frequently. Typically, follow up appointments are scheduled every 2 months for the remainder of the first year. After the first year, appointments are scheduled every three months. Once you reach a maintenance weight, we will continue to schedule 6 month follow up appointments, or you can transition your weight-related care to your primary care provider.

### Long-term Support:

Weight management is a lifelong journey. Frequent long-term patient-provider contact following initial weight loss is the most successful method for preventing weight regain. Once you have reached your weight loss goals a long-term maintenance plan will be developed.

### Mercy Sports Performance powered by EXOS Return to Move Program

Mercy Sports Performance powered by EXOS Return to Move Program is specifically designed for Mercy's Weight and Wellness patients in mind. Each 30-minute class is built to burn calories and improve confidence at your own speed. The initial 2 classes are included with the \$60 fee and are an integral piece of changing your lifestyle. Classes will be held 4 times per week at Mercy Sports Performance in Maryland Heights and Weight and Wellness in Ellisville.