



Mercy Clinic Weight & Wellness

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

How Mercy Clinic Weight and Wellness works:

Structured Weight Loss Program:

Our structured program is, at minimum, a 6-month program that provides you with the support needed to achieve your weight goals through the individualized treatment plan developed at your initial visit.

How it works:

- Monthly visits with your Obesity Medicine team: Nurse Practitioner, Dietitian, and Physicians specialized in Obesity Medicine.
- Individual lifestyle support visits designed to increase knowledge, provide support, or make minor adjustments to your treatment plan
- Monitoring of weight loss progress and vitals at each appointment

Monthly visits are required to participate in the clinic.

At the completion of your first 6 months in the program your progress will be fully reevaluated. If you are still progressing toward your weight loss goals, then you may continue in the structured program. Your visits will be less frequent at that time.

If you have Medicare, you are eligible for Intensive Behavioral Therapy*:

- Weekly visits for the first month
- Bi-weekly visits for months 2-6.
- Visits may be conducted by multiple members of our team specifically trained in weight management
- Medical visits are required at intervals determined by your healthcare provider
- Convenient scheduling of multiple appointments

* Some private insurances will cover this program. Please call and check with your provider to see if it is covered: CPT (Current Procedural Terminology) G0447. You may also pay for this program out of pocket-\$45 a visit. If you pay at the time of service, you will receive a 25% discount.



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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. Copays and coinsurance will apply. Most insurance plans will cover some or all these visits. Medical visits are billed as any other office visit with a healthcare provider and are subject to usual copays, deductibles and coinsurance. Mercy Clinic Weight and Wellness cannot guarantee that your insurance will cover your visit. Please call your insurance for further explanation of your benefits.

Initial Visit:

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

- In-depth weight management health assessment with your treatment team: nurse practitioner, registered dietitian and athletic trainer.
- 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. Labs, EKG or other diagnostic testing may be ordered based on individual needs.

Second Visit:

Your second appointment will be with an obesity medicine physician. The individualized weight management 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. These appointments will help you work on your weight management treatment plan to help you reach your goals. At the completion of your first 6 months in the program your progress will be fully reevaluated. If you are still progressing toward your weight loss goals, then you may continue in the structured program with less frequent visits.

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 an individualized long-term maintenance plan will be developed. Periodic visits will be scheduled to evaluate the success of components of the maintenance plan and adjustments made when needed. Follow up is recommended every 6-12 weeks (about 3 months) for 12-24 months (about 2 years) after reaching your weight loss.