



MEDICALLY MANAGED WEIGHT LOSS PROGRAM

Frequently Asked Questions

1. *What is the Women's Wellness Center Weight Loss Program?*

The medically managed weight loss program is a proven method for women to get the jump-start they need to meet their weight loss goals. The program involves a pre-determined daily calorie intake, routine exercise and for some patients, it includes a short-term use of prescription medication.

2. *How overweight do I need to be to qualify for the program?*

Individuals have different health risks, medication uses and unique family histories, which all impact our decision of who qualifies for the program. In order to determine if you would be a candidate, you must come in for an evaluation. We cannot give you that information or an evaluation over the phone.

3. *What insurance plans do you accept?*

We participate in most insurance plans including United Health Care, Principal, Health Choices, BC/BS, Dean, Cigna and many more. Medical Associates Health Plans has informed us that most of their plans do NOT cover weight loss programs, so the insured patient would be responsible for any charges incurred for this program. Pre payment to Women's Wellness Center would then be required. Please check with your insurance plan carrier to verify individual coverage.

4. *Will my insurance cover this program and the medication?*

We cannot speak for your individual plan as each plan is unique. Typically, many health insurance plans *do not* cover weight loss programs, but for some patients with other health issues that might benefit from weight loss, it may be covered. Patients are responsible for any balance not paid by insurance. Local pharmacies have very competitive rates for the medication, which ranges from \$18 to \$40 per month and it is the patient's responsibility to contact their insurance carrier for this information.

5. *What if my insurance carrier does not participate and I would like to pay cash for the program?*

Cash payments are required for services not covered by your insurance. These payments are collected at the time of the service and the charges are subject to same day discounted rates as long as the fees are paid at the time of service. These charges will then not be filed to your insurance carrier for payment.

6. *How often do I need to come for appointments?*

Following your initial assessment appointment, you will then have at least 2, one-week follow-up appointments. If everything is going well and you are not experiencing any other health related problems, you may be advised to return every 2 weeks for an evaluation appointment. If things continue to go well and you are feeling good, losing weight, compliant with the program process, you may be advised to return for monthly assessments.

7. *Are there any side effects to the medication?*

Side effects may include headaches, increased blood pressure, increased heart rate, excessive thirst, insomnia and constipation. A rare side effect includes Pulmonary Hypertension, which can be fatal. In order to help you reach your weight loss goals safely, we need to follow your health status very closely. We want you to succeed and maintain your weight loss.

8. *How do I get started?*

Call us today at 563-588-0011 to schedule an appointment for the weight loss program. Please allow 30-45 minutes for your appointment. If you are new to our office, please arrive 20 minutes early to fill out new patient paperwork. Bring your current insurance card along with a photo ID showing your current address. We require that all co-pays required by your insurance plan as well as cash payments be collected at the time of your appointment.