



## What To Expect with Weight Management Visits

Congratulations on taking that all important step to loose weight. Our team at IM&P Wellness Center are sensitive to your struggles with weight and appetite control. We are here to help you succeed. We will cheer you on and comfort you on this life changing journey. Weight Management is a life long journey and we are here to help you.

### A. INITIAL VISIT

Your initial visit will consist of a complete history and physical exam to asses your mental and physical status before starting the program.

Labs required : Complete blood count (cbc) Comprehensive metabolic panel (cmp) Lipid Panel Thyroid function Tsh w/ Reflex to T4. Within the past month. 12– lead Within the last 3 mths.

### B. WEEK ONE

You week 1 appointment will include a Resting Metabolic Rate (RMR) analysis . You are advised to complete the RMR sheet prior to your appointment. Please remember to fast for 4 hour prior to this appointment.

### C. FOLLOW-UP VISITS

1. Clinic hours are from 10 am to 6 pm
2. Weekly when you come in for clinic you will check in with the receptionist.
3. You will be given a Products Order form.
4. Once you complete it return the form to the receptionist.
5. Product payment will be due at this time.
6. You can then have a seat in the waiting room.
7. The Medical Assistant will call you in to obtain your weight, B/P and pulse.
8. If you are due for any lab work or a visit with your physician the Medical Assistant will take you to the exam room or draw your lab.
9. You will then proceed to check out after your visit where your products will be waiting for you.