

Welcome to Medical Weight Management

Thank you for choosing CRMC for your weight loss journey. Our goal is to help you live the very best quality of life possible given your specific medical conditions. We strive to make your experience with us as enjoyable as possible.

Carrying unwanted weight can affect every area of a person's life. Excess weight (obesity) is a key contributing factor to declining physical and mental health. We treat obesity as a disease because it is. Obesity is not a choice. Obesity causes significant metabolic health conditions including high blood pressure, type 2 diabetes, vascular disease (leading to heart attack and stroke), as well as affecting the ability to understand and remember (directly contributing to dementia). All these conditions have an underlying common factor: **Insulin Resistance**. You will learn more about insulin resistance in our program.

It is important for you to understand that losing weight requires a commitment. We will provide tools to help you incorporate lifestyle changes that are needed for sustained weight loss. These lifestyle changes can be hard for some to adopt and because of this, we cannot promise that weight loss will always be easy. If you are not ready to commit to changes right now, that is understandable. We are here to help you when you decide the time is right to embark on this journey.

Everyone's weight loss quest is different, and we respect the complexities and emotions that can arise throughout this process. We ask that you treat our CRMC staff with respect. Whether it is over the telephone or in the office, disrespectful behavior will not be tolerated, and it will prohibit participation in our program.

THE PROGRAM PROCESS IS AS FOLLOWS:

- Intake forms must be completed in their entirety, including insurance forms, and mailed to: Medical Bariatric Coordinator, Cuyuna Regional Medical Center, 320 E. Main St., Crosby, MN 56441.
- Scheduling will contact you to make an appointment with the Medical Bariatric Coordinator.
- The initial appointment with the Medical Bariatric Coordinator takes 60 to 90 minutes and you must fast for 12 hours prior to this visit (see detailed instructions).
- After your visit with the Medical Bariatric Coordinator, Scheduling will contact you to make an appointment with a nutritionist (dietitian) and Dr. Ausban, our medical weight loss specialist.
- 30-minute initial nutritional consultation.
- The initial appointment with Dr. Ausban takes 60 minutes.
- After the initial consults, monthly follow-up appointments with Dr. Ausban and the nutritionist are required. Each follow-up appointment takes about 20 minutes and they are on separate days. The length of the active weight loss period is very person specific and averages 6 to 12 months.
- Once you have met your weight loss goal (or a healthy weight that you and Dr. Ausban agree upon), you will move into the maintenance phase. The frequency of the maintenance phase is variable but generally includes 3 to 4 appointments annually for 3 to 5 years.

**For more information, call (218) 546-4343
or visit cuyunamed.org/weight-loss-services.**

320 East Main Street
Crosby, MN 56441

Medical Weight Management

A NON-SURGICAL WEIGHT LOSS TREATMENT OPTION

Our Medical Bariatrician will provide a comprehensive medical evaluation and review with you the factors that affect your ability to lose and sustain weight loss. Together with our dietitians, we will design a program that is best for you. Evidenced-based treatments will be used which include dietary changes, exercise, and other lifestyle changes. There are also many medications available today that can help you lose and maintain weight loss. Because obesity is a chronic disease, we use medications just as we would use medications to treat heart disease, asthma, or cancer. However, medications are not required.

You will have regular follow-up visits to monitor progress which we have learned over many years of practice, is a key component to success. It helps keep you accountable.

Common FAQ's

What is CRMC's Medical Weight Management Program? How does it differ from their surgical program?

Medical Weight Management is a medically supervised weight loss program. Weight loss is achieved without surgery. We have a comprehensive program addressing all factors that affect our ability to lose weight and that affect our ability to maintain weight loss.

The field of Bariatric Medicine has come a long way in the last 20 years. We provide a lot of education as to the complex interaction of various hormones, stress, and psychological factors that affect our weight. You may see that there will be some "unlearning" of information regarding diet and nutrition in the past that has contributed to weight gain.

What are the requirements to join the Medical Weight Management program?

You must be at least 18 years old to join the Medical Weight Management program and be able to attend the follow-up appointments. Because of this, those who travel out of state for more than a month at a time in the winter are not able to join the Medical Weight Management program.

Do I need a referral from my doctor?

You do not need a referral from your doctor. If we see you as a self-referral, we will ask your permission to keep your doctor informed of what we are doing and the progress you are making.

Will Medical Weight Management services (with a physician/ advanced practice provider) be covered by my insurance?

Most insurances cover weight management services if you have a BMI > 30 or a BMI > 27 with co-morbidities such as high blood pressure, Type 2 diabetes, high cholesterol, etc., that can be improved by weight loss.

Medicare and Medical Assistance both cover weight management services.

It may be best, however, to check with your insurance.

My insurance does not cover dietitian visits. Are these required?

Data shows that regular visits with a dietitian (health coach) make patients more successful with weight loss. There is a one-visit minimum that is required. We have a cash payment option to see a dietitian for patients who do not have insurance coverage.

How much weight will I lose?

Weight loss is based on a percentage of your body weight. Most patients working with us lose about 20% of their weight (e.g., if weighing 200 lbs., 20% would be 40 lbs.). Some patients may only lose 10% but others lose 30-35% of their weight (e.g., if 200 lbs., 10% would be 20 lbs. and 30%, 60 lbs.). Patients undergoing weight loss by surgery can lose up to 50% of their weight but studies show that by five years, they have gained some of the weight back and their weight loss ends up being 20-25%, similar to medical weight management.

Are weight loss medications used?

Weight loss medications are available but are not required. The medications available will be reviewed at your first consult visit.

Will I have to exercise to lose weight?

Exercise is not required to lose weight, but it is required to maintain weight loss. Patients who do not exercise will regain the weight they have lost over time. However, the data tells us that if patients can walk, they are able to maintain weight loss. The role of exercise will be discussed at the initial consult visit.

How frequently will I be seen?

We recommend being seen monthly by the physician during active weight management (which is usually 6-12 months). Our data shows us that patients also seeing a dietitian/health coach monthly are the most successful with weight loss. Some of these visits can be done remotely which can help those with busy schedules.

I have lost weight before and regained it. How can CRMCs program help me prevent weight regain?

Obesity is a disease, not a choice. We know that long-term accountability and follow up is needed for patients to have sustained weight loss. Our goal is to follow you for 3-5 years AFTER you have lost weight to ensure you are maintaining weight loss. If you start to regain weight, our goal is to help you get back on track before 5 lbs. becomes 50 lbs.

What are common barriers to losing weight?

Common barriers are:

1. A very busy schedule making it challenging to get to appointments and to make eating healthy food a priority
2. Poor sleep
3. Excessive stress and lack of family support
4. Not exercising
5. Craving sweets and starches

I don't like vegetables. Will I be able to lose weight if I don't eat vegetables?

Vegetables are not as important as we once thought they were. You can lose weight while eating very few vegetables.

What is insulin resistance and why is it important?

Insulin is a hormone that regulates blood sugar. One of insulin's main jobs is get sugar out of the blood stream. If that sugar or energy is not used right away, insulin shuttles it into fat cells for later use. For fat cells to release fat (which is what we want to do when losing weight), we must have low insulin levels. As we gain weight and our fat cells enlarge, these cells no longer respond normally to insulin. The cells are "resistant" to the effects of insulin. Our bodies respond by making more insulin to keep our blood sugar in the normal range (that is to prevent diabetes). The higher the insulin levels, the harder it is to lose weight.

As part of your evaluation with us, we will check a fasting insulin level--an elevated fasting insulin level does confirm insulin resistance. The good news is that changing how we eat lowers insulin resistance (actually reversing it) making it easier to lose weight.

I have Type 2 diabetes. I have heard that Type 2 diabetes can be reversed with weight loss and lifestyle change. Is this true?

Type 2 diabetes can be put into remission in many patients that lose weight, even those who are on insulin, and it can happen as soon as six months.

I have a very busy life. How will I have time for CRMC's program?

Losing weight and making lifestyle changes is a huge commitment of time and energy. Virtually everyone wants to lose weight but not everyone is prepared to make the needed changes to be successful at any given time. But you are worth it! We can do remote visits for many patients which can help with busy schedules.

I have had gastric bypass surgery but have regained weight. Can CRMC's program help me?

Surgery for weight loss is a tool to help patients lose weight. Because obesity is a disease, we can and do see weight regain after gastric bypass or the sleeve procedure. We have experience working with these patients and they are often very successful at losing weight.

I've heard the term "self-care." What does this mean exactly?

"Self-care" is a newer concept of making your own care a priority. Many of us tend to be "care givers" and neglect our own needs. We need healthy food, adequate sleep, downtime for relaxation, and regular exercise to be at our best and to be able to help others. Self-care allows us to care for ourselves without feeling guilty about taking the needed time to have a healthy lifestyle.

I have a "sweet tooth." How can I lose weight?

Very few of us are immune to the effects of sweets and starches. We are seeing that people can crave these processed foods and can be quite irritable if they suddenly stop eating them. Studies are confirming that these food (starches and sweets that are usually highly processed) are habit forming. Studies in rats have shown that Oreo cookies are more addictive than heroine or cocaine! The very stubborn "sweet tooth" can totally undermine losing weight or cause weight regain. We do have strategies to help.



Medical Weight Loss

Initial Visit Instructions

1. Please hold all food and medical/recreational stimulants (ADHD medication, Phentermine) for 12 hours prior to appointment. Water and non-stimulant medications are allowed with the exception of Biotin, that may have an effect on the required lab work as well. Fasting is required for lab work and the indirect calorimetry.
2. For patients approved to use the TANITA scale, (all patients except those with a pacemaker) footwear that is easy to remove and reapply is recommended for your convenience.
3. Please remove nose piercings. During the indirect calorimetry testing your nares will be occluded with a nose clip. There is foam on the clip for comfort and protection but may damage or cause irritation to piercing.
4. Please return your completed paperwork in the self-addressed, postage paid envelope included. Our team will then contact you to schedule your appointments.
5. Please keep these instructions to reference prior to your appointment.

**For more information, call (218) 546-4343
or visit cuyunamed.org/weight-loss-services.**

320 East Main Street
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Appointment Cancellations

Welcome to the Medical Weight Management Program. We consider it our privilege you have chosen us to be a part of your weight loss journey. We recognize the courage it takes to begin a new way of life and are dedicated to serving and supporting you. We understand that at times life gets in the way an appointment needs to be cancelled or rescheduled. If you are unable to attend your appointment, we request a 24-hour notice so we can use this time to serve other patients. Our medical weight loss team is committed to supporting you and we ask that same commitment from you in supporting yourself, the medical weight loss program, and the people it serves. Our initial appointments require a lot of time and preparation as each person's weight loss journey is unique to them. Below you will find the Medical Weight Management Program appointment canceling/rescheduling policy.

- First cancelation with 24-hour notice- 30-day waiting period before rescheduling.
- Second cancelation with 24-hour notice- 60-day waiting period before rescheduling.
- Third cancelation with 24-hour notice- 1- year waiting period before rescheduling.
- First no-show (less than 24-hour notice)- 60-day waiting period before rescheduling
- Second no-show (less than 24-hour notice) 1-year waiting period before rescheduling.

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**RETURN INTAKE
PACKET TO CLINIC**



Health History Questionnaire

First Name: _____ Last Name: _____ Date of Birth: _____

Address: _____

Phone Number: _____ E-mail: _____

Name of Employer: _____

Preferred Appointment Location: Crosby Baxter

Primary Insurance: _____ Group Number: _____

ID Number: _____ Insurance Card Provider Phone Number: _____

Secondary Insurance: _____ Group Number: _____

Secondary Insurance Card Provider Phone Number: _____

Provider: _____

Clinic Name: _____ City: _____

PATIENT LABEL HERE

Current Weight: _____ Height: _____

- Do you currently have diagnosed sleep apnea? Yes No
- Do you snore loudly? (*Louder than talking or loud enough to be heard through closed doors*)..... Yes No
- Do you often feel tired, fatigued, or sleepy during the daytime? Yes No
- Has anyone observed you stop breathing during your sleep?..... Yes No
- Diabetes Mellitus (Type 2):..... Yes No
- High Blood Pressure: Yes No
- High Cholesterol: Yes No
- GERD (heartburn or reflux): Yes No
- Hypothyroidism: Yes No
- Polycystic Ovarian Syndrome: Yes No
- Kidney Disease: Yes No
- Have you previously had weight loss surgery? Yes No

Please describe the weight loss surgery you have had:

Gender: _____ Male _____ Female

Males, how many times in the past year have you had 5 or more alcoholic drinks in a day? _____

For females, how many times in the past year have you had 4 or more alcoholic drinks in a day? _____

How did you hear about our program?

Anything else we should know?

I acknowledge that I may not get a call to schedule for five to seven business days. Yes No

Please bring a list of medication that you are taking (Include OTC meds)

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Medical Weight Management Consult

What was your weight at the following ages?

18-19 years old: _____

20-29 years old: _____

30-40 years old: _____

Highest weight in life (non-pregnant for women): _____

How many years ago? _____

Your prior weight loss attempts include (check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> No prior attempts | <input type="checkbox"/> Isagenix |
| <input type="checkbox"/> Weight Watchers | <input type="checkbox"/> Ketogenic |
| <input type="checkbox"/> Herbalife | <input type="checkbox"/> Mediterranean |
| <input type="checkbox"/> Profile | <input type="checkbox"/> Jenny Craig |
| <input type="checkbox"/> Medifast | <input type="checkbox"/> Other: _____ |

Weight Loss Medications (check which one(s)):

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Phentermine | <input type="checkbox"/> Contrave |
| <input type="checkbox"/> Topiramate | <input type="checkbox"/> Phen Fen |
| <input type="checkbox"/> Bupropion | <input type="checkbox"/> Meridia |
| <input type="checkbox"/> Naltrexone | <input type="checkbox"/> Orlistat |
| <input type="checkbox"/> Vyvanse | <input type="checkbox"/> Ozempic/Trulicity/Byetta/Victoza |
| <input type="checkbox"/> Belvig | <input type="checkbox"/> Over the counter supplements |
| <input type="checkbox"/> Other: _____ | |

Weight Loss Surgery (circle which one):

- Sleeve Gastrectomy
- Gastric Bypass
- Lap Band
- Other: _____

What is the most weight you have lost in one attempt? _____

PATIENT LABEL HERE

Eating Patterns:

Do you frequently (two or more times per week) have episodes of eating large amounts of food in a short period of time?

- Yes No

Example: Six plus donuts, more than one pint of ice cream, more than six cups of cereal at one time

Do you feel your eating is out of control?

- Yes No

Do you feel ashamed or disgusted with your current eating patterns?

- Yes No

Do you frequently eat until you feel physically ill or uncomfortably full?

- Yes No

Do you eat alone because of being embarrassed by how much is eaten?

- Yes No

Do you frequently snack in the evening?

- Yes No

Do you frequently graze?

- Yes No

Do you notice problems with cravings?

- Yes No

Do you frequently notice hunger in between meals?

- Yes No

How many meals do you eat during the day? _____

How many snacks do you eat during the day? _____

Do you have a family history (parents, siblings or adult children) of obesity?

- Yes No

What concerns do you have about weight loss? _____

What is your motivation for weight loss? (circle all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Improve health/quality of health | <input type="checkbox"/> Reduce diabetic medication |
| <input type="checkbox"/> Increase energy | <input type="checkbox"/> Reduce other medications |
| <input type="checkbox"/> Increase mindfulness | <input type="checkbox"/> Reduce joint/back/other pain |
| <input type="checkbox"/> Increase fertility | <input type="checkbox"/> Keep up with children/grandchildren |
| <input type="checkbox"/> Improve sleep habits | <input type="checkbox"/> Improve self confidence |
| <input type="checkbox"/> Improve mobility | <input type="checkbox"/> Other: _____ |

How many hours do you sleep per night? <5 5-6 6-7 7-8 8-9 >9

If you have sleep apnea, do you use: CPAP/BIPAP or a Dental Device? Yes No

Do you feel like your sleep quality is good? Yes No

Do you exercise? Yes No

If yes, how much? _____

Preferred clinic location: Crosby Baxter No preference

Food Habit Questionnaire

(Circle all that apply to you)

I eat more than I intended

Yes No

I've tried to cut back

Yes No

I seem to spend a lot of time planning, getting food, eating and recovering from food (e.g. I think about food during work and social activities)

Yes No

I experience cravings or urges to eat processed foods (e.g. processed foods, cookies, crackers, bars, candy, cereals, etc.)

Yes No

Eating makes it hard to fulfill obligations at home, work, or school

Yes No

I have persistent relationship problems related to eating

Yes No

I have given up important work or social activities because of eating

Yes No

I eat despite knowing about the consequences (e.g. weight gain, high blood pressure, elevated cholesterol, diabetes)

Yes No

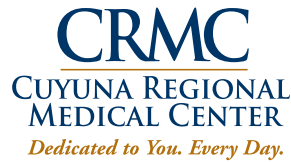
I need to eat more than I used to in order to satisfy a craving or "my sweet tooth" (e.g. the food taste good, so you cant stop with eating a little bit, and you want more)

Yes No

When I cut down or stop overeating certain foods, I feel worse (e.g. Irritable, on edge, mind preoccupied with food, nauseous, gastric upset)

Yes No

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Insurance codes for Dietitian appointments

If you have **Medicare** with a BMI >30, code G0447 (IBT) is used. If BMI is <30, they are covered for code 97802 (MNT) only if they have diabetes or chronic kidney disease.

If you have **Medicaid** with a BMI >30, code G0447 (IBT) is used. If BMI is <30, code 97802 is used.

If you have **commercial insurance**; ask about the following codes:

- 1) Do I have coverage to see a provider for code G0447, diagnosis obesity?
- 2) Do I have coverage to see a dietitian for code 97802, diagnosis obesity?
- 3) Do I have coverage to see a dietitian for code S9470, diagnosis obesity?

Please contact your insurance company to ask which of these codes are covered by your plan. Circle the code and return so that we can assure visits are billed appropriately.

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Dietary Education Self Pay Agreement

Payment in full is required at time of check in for services. This payment is only for the Dietary Education Services and does not include the initial provider visit or any other ancillary services (i.e. labs, x-rays, or other testing). Any additional services will be billable at a self pay discounted rate to the patient.

Payment Amount Due:

\$365.00 for up to twelve 15-minute increment visits (i.e. 30-minutes = 2 visits)

I agree to participate in the Dietary Education Program as a Self Pay Patient. I understand that payment in full for these services is required at check-in. If for any reason I'm unable to make this payment, I will be in contact with a Financial Advisor (218-546-4390) at Cuyuna Regional Medical Center to discuss options. If charges are accrued due to additional services being required, I will also work with a Financial Advisor to discuss payment.

Signature

_____/_____/_____
Date

Staff Use Only: Initial & Date by each when complete

_____ Copy Given to Patient _____ Original Sent to Health Information