

# Intensive Behavioral Therapy for Obesity

For many of us, trying to lose weight is a life-long struggle. CRMC now offers additional help and support for you in your effort to lose weight and improve your health.

Intensive behavioral therapy for obesity is a program for people who have a body mass index of 30 or above. (If you are unsure of your BMI, use the chart on the back of this card to see if you qualify.)

These visits will provide you with personalized diet education and lifestyle coaching, based on your health and weight loss goals.

This program allows up to 22, one-to-one visits per year.

- A weekly visit for the first month.
- A visit every other week for months two through six.
- If you are successful in losing at least 6.6 pounds in the first six months, you are eligible for continued monthly follow-up for months 7-12.

If you have Medicare or Medicaid, this is a free benefit to you with no co-pay or deductible. If you have commercial insurance, you can call your insurance provider and ask if they cover code G0447 for obesity. Your usual co-pay or deductible may apply.

**CRMC**  
CUYUNA REGIONAL  
MEDICAL CENTER  
*Dedicated to You. Every Day.*

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37