

# Welcome to StepUP!

We are excited that you have decided to reclaim control of your life and health and look forward to partnering with you to get your weight under control.

## SOME THINGS TO KNOW:

1. StepUP recommends regular visits

Accountability starts with regular visits, which is critical for us to safely prescribe medications and monitor your progress as you lose weight. As you progress through the program, we may need to see you more often if you hit plateaus in your weight loss. We may try new strategies to get you going again.

2. Your health insurance may cover the cost of StepUP

We will bill any insurance you have just as we would with any other medical issue. We will, however, be accurate in all our billing processes by including codes for obesity. Please be aware that some insurance denies coverage for obesity treatment, and you would then be responsible for the cost of the visits (approximately \$112-\$158 per visit), not including any lab work that may be necessary). You may be able to clarify whether you have coverage by calling your health insurer before you start the program.

3. StepUP involves using prescription medications

You may be prescribed medications to help you lose weight. Some of the medications we use are not FDA-approved for this purpose. However, all medications we use are frequently prescribed by doctors for weight loss, and we will always advise you of any risks involved with using any medications we prescribe to you. The costs of these medications may be covered by your insurance, but we cannot guarantee that. Because we are using them for non-FDA approved reasons your insurer may decline to cover them, and we cannot change that.

4. StepUP can help with your blood sugar, cholesterol, and blood pressure

Our diet will help you achieve beneficial health goals but is not intended to replace advice given by your doctor. If you are unsure of whether the StepUP diet can be helpful or safe for you, please discuss this with your doctor. Rapid weight loss rarely can result in the development of gallstones or vitamin deficiencies, so please keep us informed of any new symptoms as we progress through the program.

## StepUP Dietary Plan Eligibility Criteria

Here are the criteria for you to be eligible for our dietary plan.

### CRITERIA:

1. Age

You must be 18 or older.

2. Weight

You must have a Body Mass Index (BMI) of 30 or greater, or a BMI of 27 or greater if you also have any obesity-related illnesses such as diabetes, high blood pressure, high cholesterol, sleep apnea, or arthritis.

3. Health

You must have controlled and stable health conditions.

If you have any other illnesses, they should be stabilized prior to consulting one of our providers. For instance, if your diabetes is out of control, or your blood pressure is poorly controlled, please consult with your primary care doctor for their advice prior to coming to see us.

## Personal Goals

Calories per day: \_\_\_\_\_

Initial BMI: \_\_\_\_\_

Initial Weight: \_\_\_\_\_

Goal Weight: \_\_\_\_\_

### Personal Goals:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### Apps to use:

MyFitnessPal

CalorieKing

Lose It!

# BMI Chart

BMI	Normal		Overweight					Obese				
	19	24	25	26	27	28	29	30	35	40	45	50
Height	Weight in pounds											
4'10"	91	115	119	124	129	134	138	143	167	191	215	239
4'11"	94	119	124	128	133	138	143	148	173	198	222	247
5'0"	97	123	128	133	138	143	148	153	179	204	230	255
5'1"	100	127	132	137	143	148	153	158	185	211	238	264
5'2"	104	131	136	142	147	153	158	164	191	218	246	273
5'3"	107	135	141	146	152	158	163	169	197	225	254	282
5'4"	110	140	145	151	157	163	169	174	204	232	262	291
5'5"	114	144	150	156	162	168	174	180	210	240	270	300
5'6"	118	148	155	161	167	173	179	186	216	247	278	309
5'7"	121	153	159	166	172	178	185	191	223	255	287	319
5'8"	125	158	164	171	177	184	190	197	230	262	295	328
5'9"	128	162	169	176	182	189	196	203	236	270	304	338
5'10"	132	167	174	181	188	195	202	209	243	278	313	348
5'11"	136	172	179	186	193	200	208	215	250	286	322	358
6'0"	140	177	184	191	199	206	213	221	258	294	331	368
6'1"	144	182	189	197	204	212	219	227	265	302	340	378
6'2"	148	186	194	202	210	218	225	233	272	311	350	389
6'3"	152	192	200	208	216	224	232	240	279	319	359	399
6'4"	156	197	205	213	221	230	238	246	287	328	369	410

Source: National Institutes of Health, 1998

\*Asians with a BMI of 23 or higher may have an increased risk of health problems.