

# *Behavioral Associates: A MEDICAL GROUP*

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*A Professional Corporation*

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To My New Patients:

My practice is limited to treatment of obesity, as well as other emotional disorders. Before you begin my "Weight Loss for Life" program, it is essential that you read this carefully. Your signature below will not only indicate that you understand the basic components of our comprehensive plan, but that you also agree to participate in this weight loss plan as described below. **Please note that the results you obtain in this program are not guaranteed and are dependent upon your commitment and adherence to the treatment protocol.**

At Behavioral Associates, we will work together to help you achieve your desired weight loss. You need to understand that obesity is one of the leading causes of health problems and the reasons for obesity are complex. We will give you knowledge and tools to assist you in achieving control of your weight, but you will need to make your weight loss program your primary focus of attention. You will also be given nutritional and behavioral support, and, when indicated, we will refer you to other healthcare professionals and paraprofessionals to make it easier for you to reach your goal.

- If you have had a physical examination in the six months prior to beginning this weight loss regime, please provide me with a letter from your Primary Care Provider stating that you are medically stable and able to participate in this weight loss program. If you do not have a primary care provider we can refer you to a physician for an examination. If you have hypertension, diabetes or known heart disease, you will need to be followed closely by your physician as you lose weight to make sure that you are on the proper medications for these conditions. Sometimes there could be a loss of electrolytes, such as potassium, and this may affect you, especially if you are taking diuretic or anti-hypertensive medications.
- At the time of your first visit, you will be given a lab order for several blood tests as a baseline, in order to monitor your progress in a medically safe manner. We ask that you have the tests done immediately so that we can incorporate the results into your individualized plan.
- We will give you a food plan that relies on low fats, low carbohydrates and high protein. This is a very important part of your weight loss program and you will have to follow it. We will give you information and assistance so that you can succeed with this diet plan. Please discuss with your primary care physician if you can safely adhere

to such a diet plan. As with all weight loss programs, there can be complications such as loss of vital tissue and fluids, fatigue, dizziness and low blood pressure. You will also need to take supplemental vitamins.

- After the initial evaluation, when we get the results from your physical examination and blood tests, we will individualize your weight loss program. **We will not use appetite suppressant medications.** We will use anti-depressant medications, when indicated, to help you sleep at night; they also reduce your cravings for sweet foods. These medications are not habit forming and we will monitor closely for any possible side effects.
- After adhering to a low carbohydrate diet plan, you will gradually use up your stored glucose and begin to burn fat as your main source of energy. After a few weeks, you will begin to feel more energetic and have fewer cravings for comfort food. You will need to continue with this protocol until you achieve your desired weight loss. This can take months, and even years, if you have a large amount of weight to lose. We are interested in achieving slow steady weight loss that will be lasting for life. As in all weight loss programs, a regular daily exercise program is encouraged. We will discuss this with you and help you make appropriate choices regarding your individual exercise program. As you begin to approach your desired weight, your exercise routine will play a more important part in your ability to maintain your weight loss over your lifetime.
- When you have achieved your desired weight loss, we will give you the tools to maintain it.
- Our office does not bill insurance for professional services, but we will provide you with a superbill that can be used for reimbursement purposes. **You are responsible for payment of fees at the time services are provided. You will be charged for appointments not cancelled 24 hours in advance.**

I have read and fully understand all of the above. I have had an opportunity to ask questions and have had my questions answered to my satisfaction. I understand that Dr. Kram does not guarantee weight loss or any other results from this weight loss program.

\_\_\_\_\_Date\_\_\_\_\_

\_\_\_\_\_  
Name (Please Print)

\_\_\_\_\_  
Signature