

BARBARA A. LUBIN, MD LLC

WELCOME TO OUR WEIGHT LOSS PROGRAM

We are honored you have chosen us to supervise your weight loss. Our staff is here to support you in your desire to lose weight and be healthier.

Dear Participant,

Welcome and congratulations for taking a step in the right direction to a better and healthier you!

During your initial consultation we will measure your height and weight, take your blood pressure, and calculate your BMI.

We will discuss your current state of health, your health history, family history, diet, lifestyle habits, etc. We will also draw labs and we will perform RMR Test.

We will make some simple recommendations at this time, but your personalized weight loss plan will be deferred after RMR test and blood work results are received.

Follow-up visits with a physician are generally scheduled every 4 weeks to evaluate your progress and make any adjustments in your program if needed.

Vita shots/weight ins are scheduled weekly and/or bi-weekly frequency varies with each case.

If you have any further questions after reading the enclosed information, please contact our practice. We will be happy to assist you.

We look forward to working with you!

PRICING

Initial WL Visit	\$145.00
Follow up WL Visit	\$100.00
RMR Test	\$75.00
Initial Visit+RMR+View.....	\$170.00
RMR + VIEW only	\$100.00
Vita Shot....	\$20.00 (per one)
Vita Shots pkg....	\$85.00 (5 shots)

PAYMENTS POLICIES

- All payments are due at the time of the visit
- Payments can be made by CASH, CHECK, VISA/MC/DISCOVER
- Cancellations, rescheduled or missed appointments with less than a 24 hour notice, will be assessed \$100.00 fee
- \$35.00 Fee will be charged for all returned checks
- Our Weight Loss Program is **CASH PAY PROGRAM!** We will not file with your insurance and we **DO NOT** fill out any paperwork for you to attempt to file the WL visit to your insurance.
- Before your initial consultation, please take some time to review your New Patient PKG and complete all necessary paperwork. Because your health history is such an important part of your assessment, please be sure to complete as much of the form as possible.

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RMR TEST: Resting metabolic rate testing. The **RMR Test** is a simple, non-invasive test that accurately measures how many calories you burn at rest. During the test, a machine captures and analyzes the composition of your breath, determining your oxygen consumption, to measure the rate at which you consume energy.

Metabolism is the process of converting food (calories) into energy. The efficiency with which your body does this is referred to as your metabolic rate. Many factors affect a person's metabolic rate: weight, age, body composition, hormone levels, and gender making it a highly unique number.

To **lose weight**, you need to **reduce** your caloric intake below your total daily calorie requirement indicated by your **BMR** + activity level. Putting yourself in a 500-calorie deficit every day should result in the **loss** of one pound every week.

Why Test your Metabolic Rate? Understanding your body's unique metabolic rate will allow your practitioner to customize your weight loss or maintenance program around your needs.

Labwork: The labs you will need: CBC, CMP, Vitamin B-12/Folic, TSH, Free T3, Free T4, TPO. These are fasting labs (6 hours fasting). If you are fasting, we will draw your blood on your initial visit. If you prefer to go to your lab facility, we will provide you with a lab order on your initial visit.