



WEIGHT LOSS PROTOCOL

Over the years, I have always strived to stay ahead of my colleagues in offering the very best care at the highest standards in regards to nutritional and medical advice. Whether you are a new patient or an established patient, I want to help you achieve your desired weight goal. I am confident my efforts will result in improving your overall health.

Due to the recession and constant personal monetary issues, people do not visit a doctor regularly to know the status of their health. This is especially true when starting a weight loss program. Without health insurance, these comprehensive tests may cost over \$500. If you do not possess current Comprehensive "blood" labs, ask my staff for a lab slip and directions to a facility where we have negotiated a substantial discount for lab tests.

You will pay only \$100 for your Comprehensive "blood" tests. A four-month Follow-up lab is also required and offered at a reduced rate of \$50. I conveniently receive the results directly, so you do not have to do anything except go to the lab. Bloods test are required to receive weight loss prescription medication because diet pills can affect your organs after taking them for several months. Not only is this your responsibility, it is mine as well to provide a safe weight loss program for you. Blood tests are mandatory.

DESCRIPTION OF PROTOCOL

1. No medication is required. If you do not receive adequate weight loss results while on CELL PRESS PLUS, you may qualify for diet pills. A complete physical exam costs \$100. Your blood analysis results from a comprehensive blood studies (Metabolic, Lipid and Thyroid profiles) are also screened for diet pill qualification. Patients 50 years and older **must provide an EKG**, as well as any patient with a heart condition, regardless of age. If you do not have a current EKG, we can provide one for a \$100 fee. These results will be reviewed with you by Dr. Heron before starting the weight program. All medical documents are required to receive prescription medication. No exceptions.

2. All patients who are on or desire to receive prescription appetite suppressants must provide **current** Comprehensive labs (CBC, Comprehensive Metabolic Panel, Lipid Panel, and Thyroid Panel: T4, TSH for a \$100 fee) and follow-up labs (Comprehensive Metabolic and Lipid Panels for a \$50 fee) **every four (4) months** in order to remain on prescription medication. A Thyroid Panel is required if you had an abnormal thyroid tests.

3. If you have any abnormal lab results, we will furnish a copy to your Primary Care Physician who must examine you and provide me with written authorization for continuance on our weight loss program. If your labs do not disqualify you from the program, but from receiving prescription suppressants, we will provide an alternative natural appetite suppressant.

4. If you do not have health insurance or have exhausted your personal insurance benefit, we will provide you with a lab slip for Sunrise Medical Laboratory or Lab Corp for comprehensive labs (\$100) and four-month follow-up labs (\$50) . Individual Thyroid tests are \$25.

5. Once, you are on our weight program, you must lose four (4) pounds a month to remain on prescription appetite suppressants. If you fail this requirement, you will not receive this type of medication. We can still assist you with your food craving, but will place you on **Cell Press Plus**, a non-prescription fiber pill to assist you with your weight loss. Dr. Heron will determine if you are eligible to receive prescription medication following a thorough review of your weight loss record and counseling session.

6. We now offer weekly, bi-weekly or monthly visits. If you decide on coming in weekly ~ **our best program** ~ you will see me personally either every week or every other week. Once a month, your blood pressure and pulse will be recorded – every visit if you are on blood pressure medication; your present BMI calculated, and your prescription diet medication refilled, if you meet the requirement outlined above in paragraph 6. On alternate weeks, your weigh-in will be conducted by my staff.

7. Prescription medication will not be phoned in to your pharmacy unless you physically weigh in at my office and meet the four pound monthly weight loss. There are absolutely **no exceptions** to this policy. **If you miss appointments, again, no medication will be provided.**

I have read the above and fully understand Dr. Heron's policy. By my signing below, I fully agree to comply with Dr. Heron's weight program protocol.

Patient's Signature

Date

Please know that I have been in a very successful weight loss practice, helping thousands lose their weight safely. I will continue to offer you the highest standard of care in this business.

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