

**Medical Weight Loss Program Summary**  
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Diplomat of American Board of Bariatric Medicine

Program elements may be adjusted to meet your individual needs.

Weekly Visits

**Consultation 1:** Medical History, Weight History, Physical Examination, Blood Work Analysis, EKG, Urinalysis, Pregnancy Test, Bio-Impedance, Body Composition Analysis, Weight, Nutritional Analysis, Psychological Readiness profile.

**Consultation 2:** Review of the above assessments and test results, establish individualized treatment plan, risk analysis report, weight loss goals and plan, introductory diet education with dietitian.

**Visit 1:** Weight loss medical monitoring; nutritional counseling: nutrition introduction and designing an individualized meal plan, self-monitoring, record keeping, goal setting.

**Visit 2:** Weight loss medical monitoring; behavior counseling: evaluate lifestyle factors affecting health and behavior.

**Visit 3:** Weight loss medical monitoring; nutritional counseling- calorie and portion control, nutrition and weight loss tips, reading food labels, determining the nutritional content of foods.

**Visit 4:** Weight loss medical monitoring; nutritional counseling: medical planning, eating out the healthy way, fast-food nutrition guide.

**Visit 5:** Weight loss medical monitoring; personal exercise training: fitness testing, exercise goal setting.

**Visit 6:** Weight loss medical monitoring; personal exercise training: upper-body resistance.

**Visit 7:** Weight loss medical monitoring; behavior counseling: stress and anxiety reduction, emotional overeating, and motivation barriers to exercise.

**Visit 8:** Weight loss medical monitoring; personal exercise training: aerobic conditioning, lower body and abdominals.

**Visit 9:** Weight loss medical monitoring; nutritional counseling: healthy cooking and convenient yet nutritious meals and snacks.

**Visit 10:** Weight loss medical monitoring; personal exercise training: flexibility.

Bi-Weekly Visits

**Visit 11:** Weight loss medical monitoring; nutritional counseling: smart grocery shopping guidelines.

**Visit 12:** Weight loss medical monitoring; behavior counseling: changing thinking=changing life.

**Visit 13:** Weight loss medical monitoring; nutritional counseling: cholesterol and fat facts, tips for a healthy heart.

**Visit 14:** Weight loss medical monitoring; personal exercise training: intermediate techniques for overall conditioning and target heart rate monitoring.

**Visit 15:** Weight loss medical monitoring; nutritional counseling: packing a power lunch, pre-planning for holiday survival and social eating.

**Visit 16:** Weight loss medical monitoring; behavior counseling: how to accept your body and learn how to have a positive self-image.

**Visit 17:** Weight loss medical monitoring; personal exercise training: evaluating progress and goals for the future.

**Visit 18:** Weight loss medical monitoring; nutritional counseling: dealing with lapses and relapse prevention.

**Visit 19:** Weight loss medical monitoring; nutritional counseling: long-term weight management strategies, re-evaluate goals and dietary therapy.

**Visit 20:** Weight loss medical monitoring; behavior counseling: evaluating progress, putting it all together.

**Maintenance:** (As needed) Determined by Dr. Olson and patient. Weight loss medical monitoring, visits with specialists of choice.

Potential Additional Expenses Not Included in Price

- ◆ Additional Laboratory Work
- ◆ Medications
- ◆ Dietary Supplements
- ◆ Nutritional Supplements

For any questions, please call us at (317) 782-7525 or our toll-free number at (888) 887-5553. We look forward to hearing from you.