

# BACK ON TRACK

Weight loss can be hard but keeping the weight off can be even more difficult. In fact, most people who lose weight will gain some or all of their weight back until they are able to make permanent life-long changes. This doesn't happen overnight and most people have bumps along the road and often times lose their way. If you have put some weight back on and need to get back on track, come try our four week *Back on Track* program. which we only offer to past participants.

What you need to know:

- You will need to have had a physical with your PCP within the last 12 months as well as an EKG. If these have been done, we will check with Dr. Klein to see if there is anything additional he wants done or if you are approved to start the 4 week program. If you do need labs or an EKG we will inform you so you can have these completed. In most cases these can be done at the Infinity Primary Care Diagnostic and Wellness Center.
- There is no initial charge for getting *Back on Track*. Most of your labs would have been done at your annual physical. If there are additional labs that need to be done, there is charge of \$5.00 per lab for doing them here. Also, just like you had done when you were on the program in the past, you will want need to have your labs taken at 3 weeks so Dr. Klein can monitor the results. There are 10 labs that are done at three weeks which will result in a \$50.00 charge.
- You will see Dr. Klein at four weeks. This office visit will be billed to your insurance as it has in the past. If for any reason your insurance rejects the office visit (i.e. having a high deductible or your insurance not covering the Obesity diagnosis) , then you will be responsible for the cost of this visit.
- You are expected you to attend the four classes held while you are on the four week program. The accountability is key in helping you stay on track.
- You are expected to commit to being on the required amount of meal replacements each day.
- You have the ability to add on additional time after the four weeks if you would like.
- You are expected to drink at least 64 fluid ounces of water a day.
- If you haven't already, we want you to start incorporating exercise into your routine as it is a very important part of keeping the weight off.
- You should use some type of record keeping app like Lose It! or My Fitness Pal so you can monitor how many calories you are getting each day when you are off the program. This will also be an important part of keeping the weight off.

I understand and agree to the above and will commit to doing what is needed to lose some of the additional weight that I have regained. I also agree to look at what may have led to any additional weight gain and develop strategies for any challenges I have faced.

X \_\_\_\_\_ Back On Track participant    Date \_\_\_\_\_