

## WOMEN PHYSICIANS WEIGHT MANAGEMENT PROGRAM



Our program is designed to help you achieve long-term sustainable results for your weight management and health goals. We provide a medically monitored life style program based on proven techniques . This includes customized diet and exercise plans, behavioral modifications, and medications as needed. We can help you achieve the goals that have been outside your reach until now.

### YOU CAN EXPECT:

- Analysis of your metabolism and body type
- Calculation of goals and a game plan to meet your goals
- Weight loss of 1-3 pounds per week
- One-on-one weekly meetings
- Regular monitoring of weight, body fat, lean mass, dietary and exercise choices
- Improvement in health parameters including blood pressure, cholesterol, & blood sugars
- Tools to help monitor lifestyle and behavior

### PROGRAM STRUCTURE

#### 12 week Entry Program

- Initial visit with MD or RNP (allow 1 hour)
- Initial visit with Registered Dietician/ Nutritionist (allow 1.5 hour)
- Weekly visits alternating between medical provider and dietician (10 visits)



#### Maintenance Program

- Frequency of visits will depend on the needs of the individual, but should not be less than monthly until the goal weight is reached.

### BILLING

The entry program is a global fee. Your commitment to the first 12 weeks is important to ensure your success.

The maintenance program is a global fee with an option of either 6 or 12 visits.

We are happy to bill your insurance as an out-of-network provider after each visit. Plans vary as to whether they include weight management, but billing may allow you to use funds from your HSA or FLEX spending accounts.

## WOMEN PHYSICIANS WEIGHT MANAGEMENT PROVIDERS



**KATHERINE SUTHERLAND, MD**

Dr. Sutherland received an MS at Harvard, an MD at Stanford, and completed her Ob-Gyn residency at Stanford. She changed her focus from delivering babies to preventative health care for women in 2010, motivating her to assist women in weight management. "Weight and lifestyle are critical factors in prevention of cancer, heart disease, stroke, dementia, and overall happiness."



**BARB DEHN, MS, RNP**

Barb is a graduate of Boston College, and earned a Masters Degree as a Women's Health Nurse Practitioner from the University of California, San Francisco. Also known as Nurse Barb, she speaks nationally on a variety of women's health issues including weight management and has made guest appearances on CNN, Good Morning America, CBS and NBC.



**JOANNE DONOVAN, MS, RD**

Joanne Donovan is a Registered Dietitian with a Masters of Science Degree in Clinical Nutrition. Joanne's previous experience includes working at UCSF Medical Center and in outpatient Cardiac Rehabilitation. She has worked with Women Physicians as a private practice nutritionist for over fifteen years with an emphasis on personalized and realistic planning for long term success.