



## CGH WEIGHT MANAGEMENT PROGRAM

We offer a comprehensive weight management program that combines:

- Nutritional counseling
- Behavioral coaching
- Tools to improve sleep quality
- Promoting physical activity and creating a personalized exercise plan
- Gut microbiome optimization
- Strategies to overcome behavioral barriers

### GOAL OF THE PROGRAM

We aim at more than a number on the scale. Our goal is to provide sustained growth and development toward achieving your individual health and wellness goals.

- Improvements in:
  - Quality of life
  - Mood and self-esteem
  - Blood pressure, lipid panel, blood sugars, biomarkers, BMI, and body circumferences
- Increases in:
  - Energy level
  - Mobility
  - Strength
- Stress reduction
- Enhanced sleep quality

### INDIVIDUALIZED APPROACH

- We aim to empower you with the tools you need to live a healthy life.
- Your plan is tailored to your specific lifestyle, routine, eating and activity preferences, as well as your personal health, and medical needs.

Additional physician and nurse practitioner resources are available when appropriate:

- Weight management medications
- Referrals for endoscopic or surgical weight management interventions

Strong evidence supports the idea that a **COMBINED INTERVENTION** is far more effective for weight loss and maintenance than any single approach alone, especially when the behavioral component is addressed. Our team of experts collaborate to help you achieve your goals.

### WHAT'S THE CONNECTION BETWEEN WEIGHT LOSS AND GASTROENTEROLOGY?

- Evidence supports that reducing body weight by 5-10% is clinically significant to improve every single organ system in your body.
- Carrying excess weight has an impact on numerous GI conditions, such as acid reflux, fatty liver, and the increased risk for colon polyps and colon cancer.
- You will have easy access to a gastroenterologist if the need for further evaluation and treatment of gastrointestinal issues arise.

### WHAT DOES OUR PROGRAM NOT OFFER?

- We do not sell any meals or supplements.
- We offer no "quick fixes" or unattainable promises. We aim to provide consistent, steady, and sustainable changes for your health and well-being.
- We do not promote any restrictive diet plans.

### HOW DO I BEGIN TO LEARN MORE OR ENROLL IN THE PROGRAM?

Call **224.407.4400** or email [info@compgihealth.com](mailto:info@compgihealth.com) to schedule an appointment with the Nurse Practitioner, Liz Moon.

## HOW IS THE PROGRAM STRUCTURED?

Each plan kicks off with an initial **one hour consultation** and assessment with each of the following professionals, starting with the **Nurse Practitioner**:

NURSE PRACTITIONER | REGISTERED DIETITIAN NUTRITIONIST

BEHAVIORAL COACH AND COUNSELOR | LICENSED PHYSICAL THERAPIST AND FITNESS CONSULTANT

### INITIAL CONSULTATION ASSESSMENTS INCLUDE:

#### NURSE PRACTITIONER

Liz Moon\*

- Medical history review
- Sleep habits assessment
- Initial assessment of height, weight, BMI, and circumferences of the waist, hip and neck
- Introduction to Weight Management Program
- Coordination of Health Assessment
  - Metabolic laboratory tests
  - Additional measures that may be ordered:
    - Resting metabolic rate testing and analysis
- At home sleep monitor, to screen for obstructive sleep apnea
- Vitamin and nutrient assessments
- Liver ultrasound, to assess for fatty liver disease
- DexaFit Scan (the gold standard for body composition analysis)
  - Provides information about body fat %, visceral fat, lean body mass, muscle symmetry, and bone health)

\* This visit should be covered by your health insurance, less your copay and individual plan responsibilities. This visit is not included in the cost of the weight management program.

#### REGISTERED DIETITIAN NUTRITIONIST

Claire Allen

- Establish goals for protein, fat, carbohydrate, and overall nutrient needs
- Meal planning that fits with your schedule and preferences
- Work with food sensitivities
- Education on portion control and food label reading
- Understanding hunger cues and practicing mindful eating
- Eating strategies for social events and travel
- Pre- and post- workout nutrition tips
- Nutrition and disease management

#### BEHAVIORAL COACH AND COUNSELOR

Jed Foster

- Positive psychology
- Mindfulness training
- Stress management and relaxation strategies
- Cognitive behavioral therapy which works to:
  - Challenge and change unhelpful thoughts and behaviors
  - Improve emotional regulation
  - Develop personal coping strategies that target solving current problems

#### LICENSED PHYSICAL THERAPIST AND FITNESS CONSULTANT

Shayne Welch

- Functional mobility and stability assessment
- Evaluation of your target heart rate zone and optimal energy utilization
- Develop customized fitness program to incorporate strength and cardio training
  - Gain access to local fitness facilities with free trials and/or discounted prices!
- Facilitate referrals to physical therapists, rheumatologists, or orthopedic surgeons to address more complicated joint and muscle issues

### WHAT NEXT?

- Depending on the package you select, you will spend the additional hours in 30 or 60 minute follow up visits with the providers of your choice.
  - These visits can be done in person at the office or via telemedicine, if that is more convenient.
- Communication between team members helps improve patient outcomes. We will have weekly meetings to review your progress and strategize on methods to improve your results.
- It is encouraged that you meet with the Nurse Practitioner at least once during the course of your program, or more frequently if needed.
  - Follow up metabolic lab testing will be coordinated at these visits as appropriate.