



PMax RISK ANALYTICS

Name: _____

Phone Number: _____

Email address: _____

Consider for:

- General Health and wellbeing (BMI <25 and BMI <28.5 without comorbidities)
- Recent weight gain > 5kg or > 10% body weight
- Negative psychological impacts with body weight/weight gain
- Poor portion control
- Nutritional knowledge deficit
- Excessive expenditure on health foods/medication for weight loss
- Patients needing referral to an Exercise physiologist

Recommend when:

- Overweight or Obese (BMI >25, BMI >28.5 with comorbidities & BMI >30)
- Patients needing referral to a Dietitian
- Inability/poor ability to include exercise as a core element for weight loss
- Failure to lose weight despite dietary modifications, refeeding out of weight loss products/restrictive diets
- Rebound weight gain/ failure to maintain lost weight
- Before starting new diets or significant lifestyle changes
- Bariatric surgery (Pre and post)
- Medication that may cause weight gain (Contraceptives, Antidepressants, Antipsychotics, etc.)
- Medication that may induce significant weight loss (Duromine, Contrave, etc.)
- Medical conditions that may cause weight gain (PCOS, Hypothyroidism, etc.)
- Medical conditions that would benefit from weight loss (Hypertension, Hyperlipidemia, Diabetes, Sleep apnea, Osteoarthritis, PCOS, Gout etc.)

Plans & Pricing:

- PMax Advanced Food Diary©

Price: AU\$ 9.99 incl.GST

- PMax Dietary Insights©

Initial Consultation

Price: AU\$ 55 incl.GST

- PMax Dietary Insights©

Initial Product Training and Report

Price: AU\$ 110 incl.GST

Referrer Details

Clinic/Organization:

Name:

Phone:

Clinic Stamp

Fax:

Email:

Self-Referral

Signature:

Date:

Please send the completed form to: info@pmax.com.au

