



Weight Loss Program Details

Requirements Prior to Starting Program:

Patients must bring a copy of their most recent lab work (within the last 6 months) with them to their first visit showing: kidney function, a liver panel, and a fasting blood sugar (included in a Comprehensive Metabolic Panel – CMP) as well as a Thyroid Panel (TSH). Additional lab work may be ordered at the discretion of the provider.

Required Visits:

Initial Consult: **\$50 plus cost of medication**

- Review/order necessary lab work completed within last 6 months
- Medical Clearance
- Medication Education

4 - 8 Week Follow-Up with Health Coach: **\$50 paid at initial consult**

- 25 minute 1:1 session with Katie Brisbee MS, RDN, RT(R)(CT) a registered dietitian to review your lifestyle change progress since starting the medication.
- additional 1:1 sessions are available with participating in-network insurances, or out of network packages are available. **(479) 208-7057 katie@nourishthrivedietetics.com**

Routine Follow-Up with Physician

- Review progress, medication dose and reorder medication
- Patient prepays for medication before ordering

3 Month Initial Lab Follow-Up

- With Physician to order initial lab work and review progress
- Depending on initial lab results, blood work will be monitored every 3 – 6 months

EXTRAS:

- Gym and personal training available - pricing and availability at **Wolf Wellness**
- Additional Health Coach Services:
 - o Introductory 50 minute 1:1 session: **\$75 paid at Wolf Wellness**
 - o First month of 24/7 Fitness Center access FREE! Exclusive to Silver Birch weight loss clients.
 - o Also includes a complimentary Red Light Therapy Session to help with skin rejuvenation!

MEDICATION OPTIONS AVAILABLE FOR WEIGHT LOSS:

1. SEMAGLUTIDE INJECTION (compound) **\$200-300 / 30+ day supply***
 - Once a week injection - must pull out of multidose vial with insulin syringe
 - Days' supply of one bottle depends on dose
 - Medication is ordered specifically for the patient and sent directly to the clinic for pick up**
2. TIRZEPATIDE INJECTION (compound) **\$250-425 / 30+ day supply***
 - Once a week injection - must pull out of multidose vial with insulin syringe
 - Days' supply of one bottle depends on dose
 - Medication is ordered specifically for the patient and sent directly to the clinic for pick up**

***RECOMMENDED SUPPLEMENTS TO ADD TO YOUR REGIMEN FOR BEST RESULTS:**

- MULTIVITAMIN: to help prevent vitamin deficiencies (ie. Centrum Complete Adult)
- MAGNESIUM:
 - Males: 400-420MG daily
 - Females: 310-320MG daily
 - CAUTION: monitor for stomach upset, cramping and diarrhea

**Medication can be shipped directly to your home for \$50 more.

Silver Birch Medical Clinic

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Wolf Wellness Center & 24/7 Fitness

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