



# Comprehensive Weight Loss & Wellness

**LIFE IS HARD, WEIGHT LOSS SHOULD NOT BE**

Let us help you reclaim your life.

HOW CLINICS can help you with the tools to add years to your life and life to your years with our Professional Medical Weight Loss program HOW2HEAL.

## PROGRAM

- 12 month program
- Medically supervised by an Obesity Certified physician and nurse with regular health coaching appointments.
- Regular blood work and body analysis

## FEES

- \$185 + tax per month
- Anti-obesity medications, supplements, and food are not covered under the program.

## PARADIGM

- Anti-obesity medications
- Cognitive tools
- Nutrition guidance
- Active living guidance
- Sleep tools

## INSURANCE COVERAGE

- Health Care Spending Account (HCSA)
- Some insurance companies cover health coaching & medications

Top down approach to weight management.

Expand your mind extend your life



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[www.howclinics.com](http://www.howclinics.com)



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