






# Weight Management Program Healthcare Referral Form

As an extension of your care team, WellnessEdge is committed to help your patients achieve their weight loss goals.

 **NUTRITION:** A nutritionally balanced, reduced-calorie meal plan using a combination of meal replacement products and grocery foods to ensure adequate intake of vitamins and minerals. The use of meal replacement products is supported by the Academy of Nutrition & Dietetics as an effective strategy for weight management.

 **ACTIVITY:** A progressive exercise program individually tailored to the patient's current activity and ability level. The WellnessEdge program encourages a minimum of 150 minutes of moderate physical activity per week as recommended by the U.S. Department of Health and Human Services.

 **LIFESTYLE:** Behavior change and lifestyle modification promoted through education and one-on-one consultations with Certified WellnessEdge Coach.

Patient's specific consideration:

My patient can participate fully:

My patient can participate with the following change(s):

Protocol:    Reboot    Balance

\_\_\_\_\_  
Patient Printed Name

\_\_\_\_\_  
Patient Email

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Provider Printed Name

\_\_\_\_\_  
Patient Email

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date



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## PROTOCOL MACRONUTRIENT GUIDELINES

### REBOOT

Reduce Phase	Adapt Phase	Sustain Phase
Calories: 950-1200 Carbohydrates: 40-60/70 net grams Protein: 1.2-1.5 g/kg* Fat: 25-35% Fiber: ~14g/1000 calories^	Calories: 1000-1400 Carbohydrates: 35-45% Protein: 1.2-1.5 g/kg* Fat: 25-35% Fiber: ~14g/1000 calories^	Calories: Energy Balance Carbohydrates: 40-55% Protein: 0.8-1.6 g/kg** Fat: 25-35% Fiber: Age/gender goal^

\*Protein intake based on a body weight at a BMI of 24

^Fiber intake: Reduce/Adapt = 14g per 1000 calories; Sustain = age 50 or younger: men 38g, women 25g; age 51 or older: men 30g, women 21g

\*\*Activity: For very active members (MSJ) Activity Factor, protein intake can go up to 2.0g/kg

### BALANCE

Reduce Phase	Adapt Phase	Sustain Phase
Calories: 1000-1800 Carbohydrates: 40-45% Protein: 1.2-1.5 g/kg* Fat: 25-35% Fiber: ~14g/1000 calories^	Calories: 1100-2000 Carbohydrates: 40-50% Protein: 1.2-1.5 g/kg* Fat: 25-35% Fiber: ~14g/1000 calories^	Calories: Energy Balance Carbohydrates: 40-55% Protein: 0.8-1.6 g/kg** Fat: 25-35% Fiber: Age/gender goal^

\*Protein intake based on body weight at a BMI of 24

^Fiber intake: Reduce/Adapt = 14g per 1000 calories; Sustain = age 50 or younger: men 38g, women 25g; age 51 or older: men 30g, women 21g

\*\*Activity: For very active members (MSJ) Activity Factor, protein intake can go up to 2.0g/kg