



# Comprehensive Weight Management

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Nonsurgical Information Session



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

# Introduction

For more than 20 years, the Comprehensive Weight Management Program at The Ohio State University Wexner Medical Center has produced results that rank above the National Institutes of Health expected weight loss average. We offer a variety of nonsurgical options to help you become the best possible version of yourself.

The staff includes health professionals such as dietitians, exercise physiologists, nurses, nurse practitioners, health coaches and behavioral health graduate student interns.



# Healthy Living

This program offers structure and accountability without weekly classes. It is designed for those who are self-motivated and looking for personalized guidance in achieving better health. The program includes:

- An initial orientation with the health coach
- Two half-hour sessions with the health professional of your choice: exercise physiologist, dietitian or health coach. Sessions may include MedGem, meal planning, fitness assessments, exercise prescription/guidance, time management or handling stress
- Three monthly 30-minute health coaching workshops
- Weekly 15-minute check-in to review progress with goals and weigh-in
- Access to structured group exercise classes
- 30-minute wrap-up meeting to review progress and set ongoing goals

## Healthy Living | Meal Plan Options

- All Food meal plan, which ranges from 1,200 to 2,000 calories per day
- Modified meal plan, which ranges from 1,200 to 2,000 calories per day and can include up to three over the counter meal replacement supplements
- Full Fast Meal plan, which includes 800 + calories per day of a nutritionally complete high quality dietary supplement

# Living Well

A complete wellness program and total health approach to weight management. Our comprehensive six-month program focuses on weight loss and good nutrition, stress management and exercise to help you feel better, prevention of chronic conditions such as heart disease or diabetes and/or prevention of complications associated with chronic conditions. The program includes:

- An initial wellness orientation with the health coach, dietitian and exercise physiologist
- A supervised reduced-calorie meal plan, which enables the participant to lose weight safely
- A MedGem to determine resting metabolic rate
- Weekly education classes in the areas of nutrition, exercise and behavior change, taught by registered dietitians, exercise physiologists and behavioral health graduate student interns
- Weekly weight checks
- Option to participate in monthly 30-minute health coaching workshop
- Food and exercise journals reviewed weekly
- Access to structured group exercise classes

# Living Well (cont'd)

- Fitness evaluations at weeks 1, 12 and 24
- Individual appointments, as needed, with a registered dietitian, exercise physiologist and health coach
- Option to meet with a behavioral health graduate student intern to discuss challenges related to your goals in the program
- 30-minute wrap-up meeting to review progress and set ongoing goals
- Class time options include Mondays at 12:30, 5:30 or 7 p.m. or Tuesdays at 5:30 or 7 p.m.

## Living Well | Meal Plan Options

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# Living Well Phase 2

A continuation of the first Living Well program with progressively less structure. More emphasis is placed on activity and identifying and overcoming the behavioral roadblocks that seem to prevent us from reaching our weight loss and lifestyle goals. The six-month program includes:

- A repeat MedGem test to determine resting metabolic rate. Your metabolic rate can change with weight loss and may be the reason for those weight loss plateaus
- Three individual appointments with an exercise physiologist, registered dietitian or health coach. An individual appointment allows you an opportunity to do more fine-tuning of your lifestyle habits
- Weekly weight checks
- Weekly education class. The Phase 2 classes focus on the underlying issues that often sabotage our success and will provide more hands-on exercise experience
- Access to structured group exercise classes
- Classes meet on Tuesdays at 5:30 p.m.

# Living Well Phase 3

A continuation of Living Well Phase 2 with a focus on helping individuals maintain or expand on their previous success in making healthy habits a reality in their everyday lives. Materials will assist in translating previously gained health knowledge into long-lasting and meaningful health habits. The 12-month program includes:

- One instructor-led class per month; 30 – 60 minutes of goal setting and support
- One peer-led class per month; 30-minute goal setting and support
- Biweekly weight checks during specified times
- Weekly structured group exercise classes
- Option to participate in monthly 30-minute health coaching workshop
- A year's worth of materials for goal setting and record keeping
- The option to arrange supplemental appointments with weight management staff as needed (cost varies depending on service)
- Classes meet on Mondays at 5:30 p.m.

# Real Solutions\*

A dietitian-led education group focusing on strategies to make positive lifestyle changes a lasting reality. This program is ideal for participants with a BMI under 35 and focuses on the basics of weight loss. Discussion topics include mindful eating, how to get started with physical activity, setting realistic goals and strategies for overcoming barriers to success. The program includes:

- 12 weekly education classes
- Weekly weight checks
- Food records reviewed weekly
- Interactive sessions encourage self-exploration to develop weight loss solutions
- Classes meet on Fridays at 12:30 p.m. at Ohio State Outpatient Care Upper Arlington (1800 Zollinger Road, Upper Arlington, OH 43221)

*\* Real Solutions does not meet insurance requirements and is not a pathway for bariatric surgery.*

**For questions about Real Solutions**, contact Mary Mosquera, RD, LD, at 614-293-0385 or [mary.mosqueracochran@osumc.edu](mailto:mary.mosqueracochran@osumc.edu)



# Program Outcomes

Losing 5 –10% makes a difference. According to the National Institutes of Health, losing 5 – 10% of a patient's body weight over the course of six months (1 – 2 pounds a week) may make a difference in health and well-being and reduce the risk of developing chronic diseases such as:

- Diabetes (type 2)
- High cholesterol
- High blood pressure
- Heart disease
- Stroke
- Sleep apnea
- Osteoarthritis

## Outcome stats for the Living Well program (six months):

- Total patients (66) ending a Living Well program lost an average of **20.0 lbs or 8.5%** of their total body weight
- 68% of patients who finished a six-month program lost more than 5%, with an average weight loss of **28.5 lbs or 12.2%**
- 38% of patients who finished a six-month program lost more than 10%, with an average weight loss of **37.2 lbs or 16.2%**

## Outcome stats for the Healthy Living program (three months):

- Total patients (18) ending Healthy Living lost an average of **12.1 lbs or 6.1%** of total body weight

# Program Costs

All programs are self-pay. We are not able to bill to insurance.

We are able to accept health care flexible spending cards.

OSU Health Plans offer up to 50% reimbursement of all program costs based on attendance. Please contact your insurance carrier to see if they offer reimbursement. We can provide a receipt for payment and a program description if needed.

HMR supplement cost: \$40 per box of 18 (Full Fast needs 2 boxes per week for up to 12 weeks = \$80 per week)

	Healthy Living		Living Well Phase 1 (6 months)		Living Well Phase 1 (3 months)	Living Well Phase 2 (6 months)	Living Well Phase 2 (3 months)	Living Well Phase 3	Real Solutions
<b>Total Cost</b>	\$390		\$855		\$485	\$470	\$235	\$300	\$150
<b>Paid in Full Cost</b>	\$390		\$800		\$450	\$425	\$235	\$300	\$150
<b>Initial Payment</b>	\$250	\$130	\$300	\$150	\$150	\$300			
<b>Month 1 payment</b>	\$140	\$130	\$185	\$176.25	\$167.50	\$170			
<b>Month 2 payment</b>		\$130	\$185	\$176.25	\$167.50				
<b>Month 3 payment</b>			\$185	\$176.25					
<b>Month 4 payment</b>				\$176.25					

# Patient Testimonial

Watch [Ethan's journey](#) through the Living Well program.

## Next Steps

Once you have decided which program will best meet your needs:

1. Complete orientation paperwork for the desired program, including Medical Release for Exercise if needed.
2. Submit the completed paperwork per instructions on the cover page.
3. You will be contacted to schedule an initial orientation once your paperwork is received.





**Thank you for viewing**

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For questions, please contact Kelly Urse  
at 614-293-3776 or [kelly.urse@osumc.edu](mailto:kelly.urse@osumc.edu).