

Dear Intensive Weight Management Participant,

Welcome to our program **Ms. /Mr. Last Name!** We are excited to have you onboard and be part of your weight loss goals. You are scheduled on **Weekday Month Day, 2016** at **Time** in the Nutrition Outpatient Clinic.

As a reminder prior to your scheduled appointment time, please ensure all of the following:

1. Check-in to the Nutrition Clinic main office located in building 2, 2<sup>nd</sup> floor. When entering the building from the 2<sup>nd</sup> floor parking garage, take the hallway to the right going past the quarter deck. The Nutrition Clinic is on the left after passing the male locker room and just before reaching the female locker room on the right.
2. All lab work has been completed within the last 12 months. This includes your CBC, CMP, thyroid, B12 and lipid panel.
3. Do not eat or drink anything (other than water), use alcohol or tobacco products, exercise or take any supplements containing ephedra four (4) hours prior to your scheduled appointment as this will negatively impact the validity of your metabolic test. If you are taking medications, please continue to do so unless your medication/supplement contains ephedra.
4. Bring food, snacks and a beverage to have after your metabolic testing is completed since you will be fasting for at least four (4) hours prior as well as any needed medication.
5. After the metabolic testing is completed, you will meet one-on-one with a registered dietitian to determine a meal plan, set goals and schedule a follow-up session. Please do not leave prior to discussing when to follow-up with the provider you see.
6. You are highly encouraged to attend the voluntary weekly support group sessions offered every Tuesday from 1330-1430 in the Nutrition Classroom which is located in building 2, 2<sup>nd</sup> floor in the hallway behind the gift shop and Immunizations clinic. Either check-in at the Nutrition Clinic main office where you checked in for the morning metabolic testing or come to the classroom as a walk-in. Weigh-in is available in both areas. No scheduled appointment is required to attend. Feel free to bring your lunch, snacks and beverages.
7. Stay positive, encouraged and remember YOU CAN do this. You are not alone and “Together Everyone Achieves More”! Welcome Aboard. We look forward to joining you on your life long journey to a healthier, happier you.

If you have any questions, please contact the Nutrition Clinic at 757-953-2631.