



Getting Started

- Ask your doctor to refer you to the OSF Weight Management Clinic. We will call you to schedule your first appointment.
- At your appointment, a medical provider will assess your medical history, current health status and medications. We will discuss the program options that fit you best.
- Before your first visit, call your insurance company to learn if these services are covered. You may reference the CPT codes below. ICD-10 (diagnosis) codes of obesity will be used, unless your referral states otherwise.

CPT Codes

- **99213:** All medical visits
- **G0473:** Pathways to Health and Pathways to Surgery (group classes)
- **97802 and 97803:** Personal nutrition counseling

Make Your Exercise Plan

Do you have limitations on the exercise that you can do? We are here to help you get started. A variety of exercise programs are offered at the RiverPlex. You may also decide to exercise at home on your own. Meet with an exercise physiologist to make a plan for activity that is within your abilities. Then, follow up regularly to adjust your plan as you are able to do more.

Bod Pod® Body Composition Test

If you choose, you may do a Bod Pod® body composition test. This simple test measures your body fat, fat free mass and calorie needs.

For more information about the OSF Weight Management Center, please visit osfhealthcare.org/services/weight-loss

OSF Weight Management Center

At the RiverPlex Recreation & Wellness Center

A photograph of a woman with long dark hair, wearing a light blue denim shirt, smiling as she cuts vegetables on a wooden cutting board. There are broccoli and carrots on the board.

OSF HEALTHCARE



OSF HEALTHCARE



HMR Healthy Solutions

Quick, healthy weight loss with HMR shakes, entrees and at least five servings of fruits and vegetables each day. You'll learn simple ways to become more active and make the right food choices in every situation. Choose the option that works for you:

In-clinic option includes HMR foods, weekly classes, individual support and accountability. Transition to home cooked foods with the help of a dietitian.

At-home option includes HMR foods and support materials, with a home delivery option.

To learn more, go to HMRprogram.com



Pathways to Surgery

Have you lost and re-gained weight many times and are ready to consider another option? Attend an informational meeting to learn more about weight loss surgery. Then, join a small group of up to 10 people to learn the “Five Lifelong Habits for Surgical Success” and prepare for surgery. Groups are led by a registered dietitian.

For the first month, this group will meet once each week. Then, the group will meet every other week for five months. You will weigh in at each meeting and track your eating and exercise habits. If you lose at least 6.6 pounds, then you can continue meeting with the group once each month for six more months.

Not Able to Attend a Class?

Your schedule may not match ours. If you cannot attend a group class, ask about meeting with a dietitian individually, by appointment.

Pathways to Health

Join a small group of up to 10 people to learn healthy eating for weight loss. Groups are led by a registered dietitian.

For the first month, this group will meet once each week. Then, the group will meet every other week for five months. You will weigh in at each meeting and track your eating and exercise habits. If you lose at least 6.6 pounds, then you can continue meeting with the group once each month for six more months.