

The Dangers of Being Overweight

Obesity can cause a wide variety of health problems including all the following:

- **Diabetes**
- **Heart Disease**
- **Gallbladder Disease**
- **Hormone-Related Cancers**
- **High Blood Pressure**
- **Respiratory Problems**

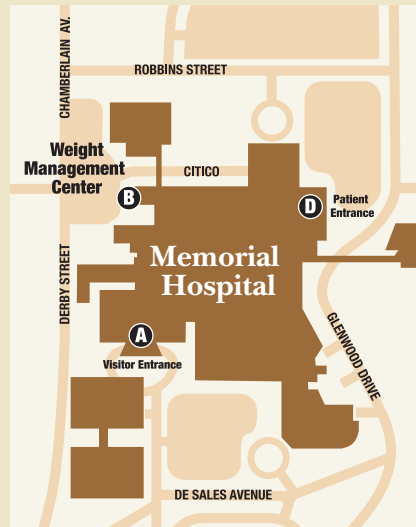
Obesity is a life-threatening health condition that is difficult to treat. A change of lifestyle is necessary, not just a special diet, and the eating and exercise habits of a lifetime are not easy to change.

Memorial's Comprehensive Physician Supervised Weight Loss Program uses up-to-date medical treatments along with highly motivating guidance to help you achieve your weight loss goals.

Memorial Hospital's Physician Supervised Weight Loss Program

Where can I park?

Parking is conveniently located near the entrance of Memorial's Weight Management Center on the corner of Derby Street and Citico Avenue. On the map below, this entrance is labeled Entrance B.



+ CATHOLIC HEALTH INITIATIVES

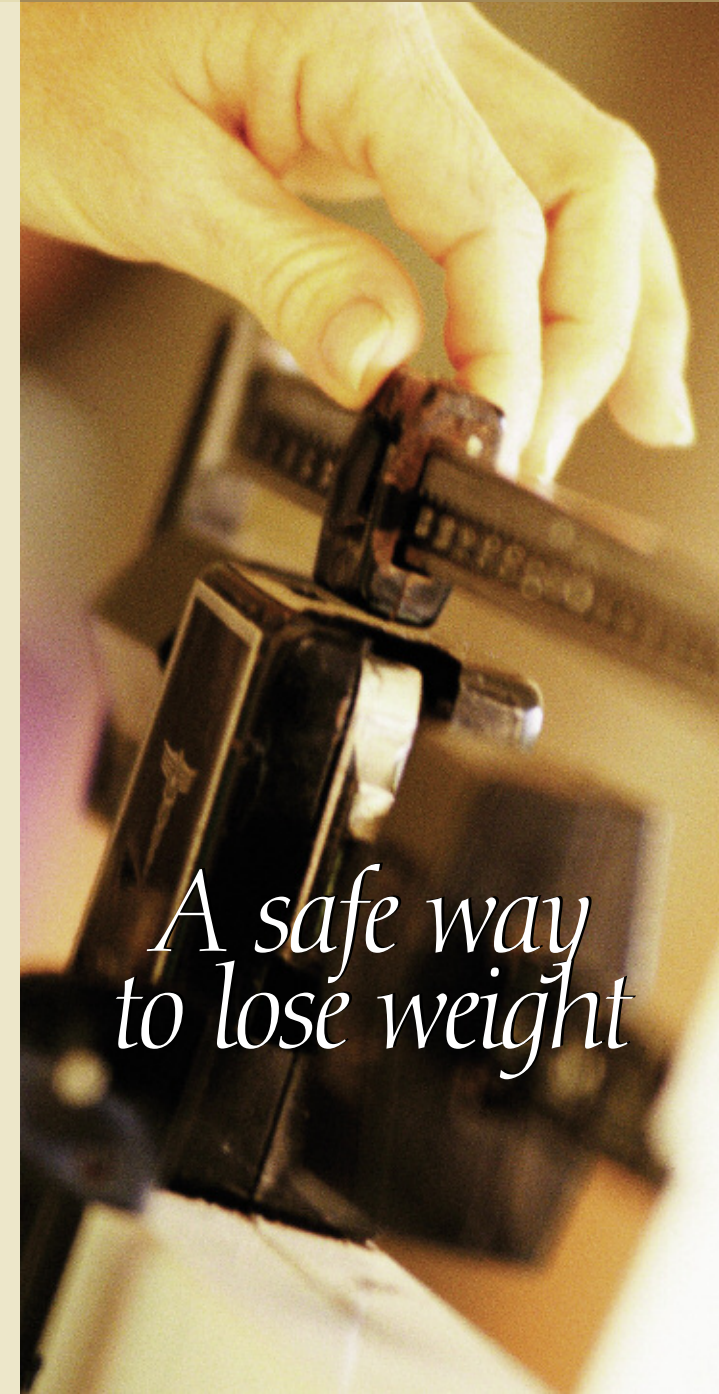
Memorial Hospital
Weight Management Center

inspired medicine

2525 de Sales Avenue
Chattanooga, Tennessee 37404

423.495.2256 or 1.866.313.2244

Memorial Hospital's Physician Supervised Weight Loss Program



*A safe way
to lose weight*

A Medically Supervised Program to Help You Lose Weight Safely

Memorial Health Care System

is proud to offer an effective physician supervised weight management program that includes diet, behavior modification, education, and guidance.

A team of medical professionals will assist you in meeting your individual goals for weight management.

Who Is Eligible for the Program?

This program will be of benefit to anyone who struggles to lose weight or maintain an ideal weight.

A 6-month commitment is required to help participants gain the maximum benefit from the program and make the necessary behavioral and lifestyle changes. Participants will be evaluated and carefully monitored throughout the program.

Program Features

- Initial evaluation by a member of the medical team
- Monthly follow-up appointments to evaluate and record progress
- Sessions with a registered dietitian to design and monitor an individualized nutrition plan
- Sessions with a mental health counselor
- Spiritual support provided by Memorial's Chaplaincy Program upon request
- Access to a weekly support group meeting
- Access to exercise programs at Memorial Hospital and Memorial North Park Hospital for a discounted fee

How Do I Start?

Call the Weight Management Center for an appointment. Your initial evaluation will include weight and body composition with the Tanita scale, and laboratory testing including thyroid, cholesterol and glucose measurements.

What is the cost?

Our physician supervised program is priced competitively with similar programs. For your convenience, monthly billing is available for the program charge. Medical provider visits and laboratory fees are billed separately to your insurance company.

Is it covered by insurance?

Medical provider visits and laboratory fees may be covered by your insurance. The monthly program charge is not billable to insurance.

For more information, please call 423.495.2256

Or visit www.memorial.org

or 1.866.313.2244

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