



Wellness & Weight Management Course

Frequently Asked Questions

If you would like to join, please email mhwma@meritthw.com

WHEN IS IT? Classes are **weekly on Tuesdays, beginning January 6th, and ending February 10th.** (6 sessions total). **The time is 5:15pm to 6:30pm.** It is okay if you need to join a bit late, or leave early. I do encourage live participation. Regardless, each week participants will receive a recording of the class, presentation slides, and handouts to keep.

WHAT VIRTUAL PLATFORM? Zoom. This has the option of keeping yourself anonymous to other participants, if desired. You can join with your video, or just audio.

HOW MUCH DOES IT COST?

- Assuming you carry a plan we are in network with, **we will bill your insurance with office visit codes that are the same as a typical, individual, problem/symptom focussed visit with your provider** (ie: these are not “annual wellness visit” codes). **We will use diagnosis codes that your insurance will also accept.** ***You should NOT need to call your insurance to inquire*** (Insurance we take is listed in our FAQ tab on our website)
- **Deductibles and/or co-pays will apply in the SAME WAY they do for your symptom/ problem focussed office visits.** It is your responsibility to understand and know what those are. If cost is a consideration, this course is best for people who have...
 1. **Met, or are close to meeting their deductible**
 2. **Who have an overall low total deductible amount**
 3. **Those who have a reasonable co-pay and no deductible**
 4. **OR for those who have medicaid (CareOregon/OHP), for which there is *no cost*.**

- A flat cash pay price for this course is not currently an option.

WHAT IS THE CLASS FORMAT?

- **Part 1:** Detailed education on the topic(s) of the day to help you understand the complexities/ challenges and modifications you might need to make for weight loss and/or improved health
- **Part 2:** Detailed guidance on how to succeed. This will focus on learning how to implement realistic small habit changes for the topics(s) presented in the education overview, applying the topics discussed with real life examples, and utilizing tools/tips that enhance success
- **Part 3:** “Take away” action plans emphasizing the highlights of the days discussion
- **Part 4:** Question and answer time (2-3x throughout each class)
- **Part 5:** A brief follow up email after each class with a recording of the class, copies of slides and any additional handouts and/or links for pertinent topics discussed. They are ALL yours to keep forever with no extra cost.

IS THIS CLASS JUST FOCUSED ON WEIGHT LOSS? DO I HAVE TO TRACK AND/OR REPORT MY WEIGHT?

No and No! I will offer plenty of guidance on achieving healthy weight loss since this is a goal for so many, but a lot of that discussion also entails how to enhance health and wellness in general. For some, weight loss becomes a desired “side effect”. **If you are not ready for a weight loss plan right now, but want to learn more about wellness and perhaps eventual tools for weight loss success, this course is still of great value.**

- I am focussed on helping you implement and succeed at the small day to day changes that are critical to make in order to achieve long-lasting, healthy weight loss, improved body composition, and great metabolic health.
- I am interested in explaining the "science" of weight loss in a way that is easy to understand, and the behavioral and hormonal pieces of weight loss too (*always* the harder part)
- When the right approach is taken for weight loss, patients also report increased energy and strength, better sleep, less pain, boosted confidence, less depression and anxiety, less gastrointestinal distress, better skin health, improved menstrual cycles/menopause symptoms, reduction of metabolic illness (high blood pressure, diabetes etc) and so forth- often those things being more rewarding than the weight loss itself!

WHAT DOES THE CLASS CONTENT INCLUDE THEN? A variety of topics will be presented/ discussed that pertain to wellness and weight management including focus on nutrition (including education on macronutrients, anti-inflammatory eating, and *non-stressful* education on caloric intake), blood sugar regulation and hormone balance, goal-specific exercise guidance, sleep optimization, stress management, gut microbiome health and reducing toxicant exposures (*an advanced topic but so crucial to weight management*), intermittent fasting education (it's not for everyone, but many who try it approach it all wrong!), supplements to utilize, and yes- info on when and how we use the recently popular weight loss medications, and what the alternatives to those are.

- We will intertwine the topics with learning how to make behavior change feel less overwhelming, and more consistent

IS THERE A DIET I HAVE TO FOLLOW? No! Rather, I will be providing a broad overview of general nutritional principles that are proven to be most successful for obtaining a healthier body weight, or improving general wellness. The best nutritional diet for you is the one that makes you consistently feel your best, while also supporting your good health

DO I HAVE TO COUNT CALORIES OR MACRONUTRIENTS? No! But, this is an option for those who want to learn how to do it, and I will teach you how to do it effectively. While Macro and/or calorie tracking can be highly successful for many people, it is absolutely not necessary for everyone, and other tactics will be discussed

ARE YOU MAKING A MEAL PLAN FOR ME? No! Writing up a specific meal plan does not foster the right educational approach for self-governed, long term weight management, nor the right relationship with food. My goal is to teach you how to stay on track with important principles most of the time and give you plenty of tips to succeed with that.

IS MEDICATION BEING PRESCRIBED? I will discuss medications options for adjunct weight loss support during our last session. They can be incredibly helpful for long-term weight loss success, but are always used as an add-on to committed lifestyle changes. If a medication discussed piques your interest, **an individual appointment would be needed to discuss further.**

IS ORDERING BLOOD WORK INVOLVED? No, but I do encourage updated labs to be completed at some point since abnormalities can hinder your success. They can be ordered by me or one of our other providers

I HAVE NO WAY OF CONTROLLING THE STRESS IN MY LIFE. WILL THAT PREVENT ME FROM SUCCEEDING?

No! I really focus on teaching patients that stress is your own perception and experience of it. It's true that sometimes we can't avoid all of the distress that comes our way, but we can learn to lessen our perception of the stress being loaded on us.

WHAT HAPPENS AFTER THE CLASS SERIES IS DONE? My experience is that a 6 week "crash course" (not to be mistaken with crash diet) provides you plenty of education to build an awesome foundation for making long-lasting health changes. **That being said, one of the most important factors for long term success is continued accountability support..** If you'd like that to come from me or another MHW provider, I recommend a visit every 1 to 8 weeks for as long as you need more regular support, and then you can space visits out once you are doing awesome on your own.

***If you would like to join, please email:
mhwma@merritthw.com and she will send you the enrollment forms.**

If you have more specific questions on the course, you can email Lindsey directly at lindsey@merritthw.com