

## Program Summary & Participation Requirements



**What is the WCC?** It is a personalized weight management program under the supervision of a board certified physician and physician assistant. Our clinic features one-on-one consultations and customized weight management counseling.

**Registration.** To participate you must be 18 years or older and an established patient. Please also note that you must have had a complete physical exam with bloodwork within the last 12 months prior to starting the program. Patients must also be up-to-date on their treatment schedule for any established diagnosis (hypertension, diabetes, high cholesterol, etc.).

## Program Philosophy

Almost 1/3 of all adult residents in Chesapeake, Norfolk, and Virginia Beach are obese. Additionally, the prevalence of diabetes, hypertension, and high cholesterol is increased in people who are overweight. Due to these compounding factors, we have added the Weight Control Clinic (WCC) to help address the needs of our patient population.

Designed as a personalized weight-management program, the goal of the program is increasing overall health through weight control. In doing so, the focus is not on temporary or “quick-fix” weight management but based on the patient making a long term commitment to modifying his or her nutrition, lifestyle, and exercise habits as needed.

**Alesia W. Griffin, M.D., P.C. does not guarantee specific results. Individual results may vary.**

## Weight Control Clinic

### Service Menu

Our consultations are customized for each individual patient per his or her weight maintenance goals.

#### Initial visit

- Review of medical history
- Weight, measurements, and vital signs
- Individual patient counseling on lifestyle modification
- 1 B-12 injection\*
- Prescription medications\*
- Lab draws as needed (but not processing)\*

#### Follow-up visits

Once per month for the first 3 months.

- Assessment of vital signs, progress, & evident side effects
- Prescription refills\*
- Lab draws, as needed (but not processing)\*

#### Electrocardiograms (EKGs)\*

- Required for appetite suppressant prescriptions.

#### B-12 injections\*

- B-12 is a fundamental building block for the metabolic system. Most people do not acquire enough of this vitamin in their diet.

\*At the provider’s discretion

## Pricing

Services	Single Service Prices
Initial visit	\$120.00 (\$65.00 deposit due when appointment is made)
Follow-up visits	\$70.00
B-12	\$10.00
EKGs	\$45.00
Lab processing	Prices vary Processed by LabCorp

*Many of the services provided are not paid for by your health insurance plan and are referred to as “non-covered” services. Therefore, our office does not file claims for non-covered Weight Control Clinic services.\*\* We can, however, provide a charge slip to individuals who wish to request reimbursement from their insurance companies.*

\*\*Please advise our scheduler if you have a weight management rider/coverage with your insurance policy.



To make appointments, please call (757)366-0692.

Alesia W. Griffin, M.D., P.C. reserves the right to change services, fees, or policies at any time and without notice.