

Welcome to the Foundation Weight Management Program!



We are glad you have decided to take the first step toward improving your health and look forward to working with you to design an individualized treatment plan that helps you achieve your long term weight loss goals. This program promotes a supportive and nonjudgemental environment and is designed for highly motivated individuals who are truly ready to lose weight and maintain an overall healthy lifestyle.

What to Expect:

Enclosed you will find new patient paperwork, which includes a detailed intake form. This form asks questions regarding your weight and general medical history. Please answer these questions as honestly as possible. Your answers will help our team design the best and safest treatment plan for your lifestyle and medical history. In addition to the completed forms, please bring a list of all medications and over the counter supplements to your initial visit.

We also encourage patients to check with their insurance plan regarding coverage for registered dietitians (nutritionists) before their initial consultation. Our dietitian has extensive experience in the field of weight management and is a valuable asset to our program. Please note: if you have Medicare, a visit with a registered dietitian will only be covered if you have diabetes or kidney disease.

Your initial consultation will last approximately 60 minutes. Our nurse will review your current medications and take your vital signs, including your height, weight, blood pressure, and waist circumference. Your provider will ask you detailed questions regarding your weight, your general medical history, and any surgeries you may have had. He or she may also inquire about your home life, social situation, and cultural preferences. Your provider will also perform a focused physical examination. Based on your history and physical exam, your provider may or may not recommend additional testing to screen for medical issues directly related to excess body weight.

Our team will then work to develop a comprehensive treatment plan that best fits your needs and lifestyle. We use multiple treatment approaches to assist with weight loss, including nutrition education, physical activity, and medications.

As you lose weight, your provider may adjust some of your medications as needed as a safety precaution. For example, if you have diabetes and are injecting insulin, you will likely need less insulin as you lose weight, so your provider will adjust your dose based on your blood glucose data. However, please be advised that the long term care of your chronic medical conditions will continue to come from your referring provider and/or your primary care provider. We ask that refill requests for medications that we have not prescribed continue to be completed by the prescribing provider.

If you have any questions, please contact our office at (603) 577-5760.

Thank you for choosing the Foundation Weight Management Program.

Sincerely,

Ellie Chuang, MD

Ryan Garso, PA-C

Susan O'Keefe, RD-CDE