



Updated 5/1/2009

Requirements for participation in the weight loss program:

For your safety, we would like you to have the following medical services performed within 3 months of starting our weight loss program. You may obtain these services from your physician or schedule to do the medical evaluation at our office for an additional fee.** Exceptions need to be discussed with Dr. Rubino at the initial consultation visit.

- Physical exam that includes a neurological sensory exam.
- 12 lead EKG
- Urinalysis
- Blood tests (**Fasting***)
 - a. Lipid Profile(including direct LDL)*
 - b. Plasma Glucose*
 - c. Insulin*
 - d. CBC with Diff and Plt
 - e. Comprehensive Metabolic Panel-full chemistry, electrolytes including magnesium, BUN & Cr and liver function panel, uric acid, GGT
 - f. TSH, Free T4, T3
 - g. Ferritin
 - h. We encourage obtaining a vitamin D 25-OH level if you haven't had one.

You may bring these results in (or fax ahead of time) with a completed health history. Health History Forms can be found on our website, www.wtmgmt.com, or we can send a copy to you. This information will be reviewed at the initial appointments. The initial appointments should be scheduled with both Dr. Rubino and Kathy McFalls, MSRD (dietician).

****Medical Evaluation: 1 hour \$595 (Price subject to change)**

Includes: *Physician review of medical history and physical exam (\$200)
EKG (\$75) and complete blood profile and urinalysis (\$320)*