

Rock On-Pediatric Weight Management Program

Information for Referring Physicians

Do you have children in your practice that need the motivation and education that a nutrition and exercise program can provide? The Pediatric Childhood Weight Management Program at St. John Hospital can help! Here are the details on this program:

What does the program include?

The Program includes an initial evaluation, a 12-week treatment phase, a post-treatment phase, a post-treatment follow-up evaluation and long-term follow-up. We send summary letters to your office following completion of the 12-revolving weekly group sessions, and the 6, 12, 18 and 24 month long-term follow-up assessments. We will only send additional communications to the referring physicians if their patients are frequently absent.

Program Cost

The cost for the program is \$500.00 with a discount of \$250.00 until April 30, 2018 due at the Initial Evaluation appointment. The services that are provided for this program are not a covered benefit with insurance and are an out of pocket cost to the patient.

Who is eligible?

Children and adolescents between the ages of 7 and 18 years, and having a body mass index greater than the 85th percentile for age and gender.

How can I refer a patient?

Complete the Initial Evaluation forms attached and obtain the initial lab tests, faxing both to 313-343-4497. Once complete, our office will call to schedule an initial assessment with our nutritionist, exercise physiologist, and social worker.

Which patient are good candidates?

- Ones that you believe will comply by attending all treatment sessions.
- Ones that have a parent/guardian who will attend the program with them.
- Ones that have a desire to become healthier.

What kind of follow up will there be after the 12-week program?

Following the completion of the program, we will complete a brief follow-up evaluation and fax it to your office. This child will either graduate from the Program or be asked to re-enroll in another 12-week treatment phase. Graduates may return to individual treatment sessions to refresh their learning.

We will also conduct long-term follow-up evaluations of the Program graduates, including assessment of height, weight, BMI, blood pressure and heart rate at 6, 12, 18 and 24 months post treatment. At the 12 and 24 month post treatment follow-up evaluations, we will order laboratory testing for a fasting lipid profile, vitamin D and HgA1C assessment with the results sent to your office.

We are pleased to be able to offer this program and to assist you in improving the health and quality of the live of your overweight pediatric patients. Should you have any questions, please call our office at **313-343-7047**.