



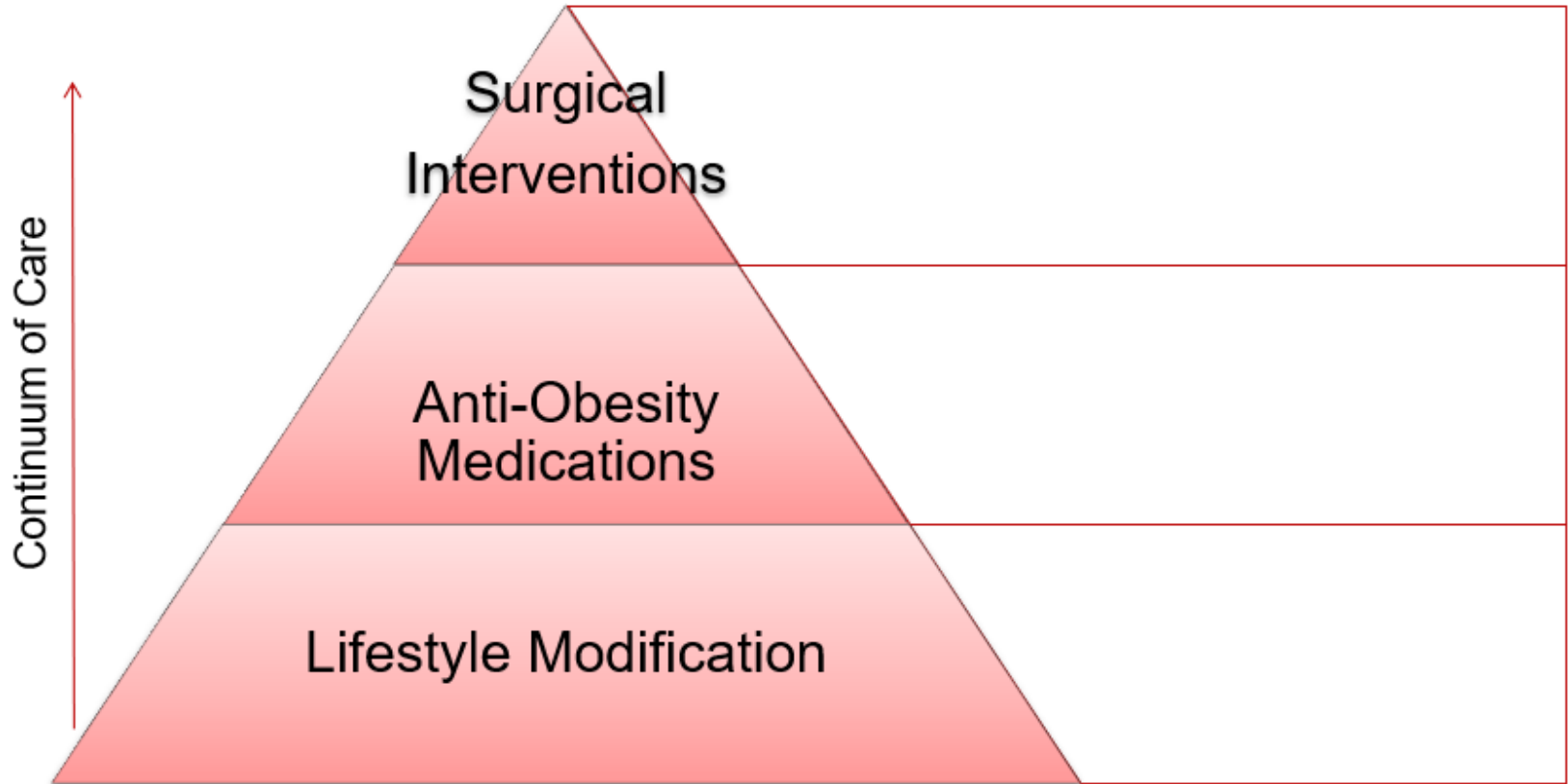
THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

# Lifestyle Weight Management Programs – Information Session

# Coordination of Care

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# Program Overview

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Our programs include:

- Goal Setting and Motivation
- Nutritional Guidance
- Physical Activity
- Accountability
- Education and Support
- Behavioral Support
- Long-term Maintenance
- Supports those seeking other weight loss interventions



# Living Well

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Living Well is our 24-week comprehensive weight management program that combines:

- Monthly one-on-one meetings with your interdisciplinary team
- Weekly group health education classes
- On-site exercise

Living Well provides the most structure and support of all our lifestyle programs.

# Healthy Living

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Healthy Living is a versatile, personalized program that can last for 3-6 months.

Your program includes:

- Vision statement and goal setting with your health coach.
- Accountability and support.
- Behavior change.
- Access to optional specialized consults.

# Program Outcomes

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According to the National Institutes of Health, experts recommend an initial weight-loss goal of 5% to 10% of your starting weight within 6 months. This may make a difference in health and well-being and reduce the risk of developing chronic diseases such as:

- Diabetes Type 2
- High cholesterol
- High blood pressure
- Heart Disease
- Stroke
- Sleep apnea
- Osteoarthritis

[www.ahajournals.org/doi/full/10.1161/01.cir.0000437739.71477.ee](http://www.ahajournals.org/doi/full/10.1161/01.cir.0000437739.71477.ee)

# Program Costs

All programs are **self-pay**. We are not able to bill to insurance.

Program Cost	Living Well	Healthy Living
<b>Paid in full</b>	<b>\$800</b>	<b>\$390</b>
<b>Payment Plan Total</b>	<b>\$900</b>	<b>\$440</b>
<b>Initial Deposit</b>	<b>\$300</b>	<b>\$220</b>
<b>Month 1</b>	<b>\$300</b>	<b>\$220</b>
<b>Month 2</b>	<b>\$300</b>	

- Please contact your insurance carrier to see if they offer reimbursement.
- HSA/FSA spending cards accepted.
- The OSU health plans offer up to 50% reimbursement of all program costs based on attendance.

# Patient Testimonials

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*“For me, the most important part of the program was the **structure and support** from the people. While there were many places to get the information shared, the ability to have **guidance and encouragement** was by far the most important element.”*

*“The Living Well program is an **invaluable resource to long term weight loss and a healthy lifestyle**...It made a huge difference to have a dietitian review my weekly food diary and let me know where I was on track and where I needed to make modifications.”*

*“The movement portion of the program was great and the trainer was excellent...Everyone was encouraged to go at a pace that was comfortable for them while still pushing themselves. Exercise modifications were made when necessary. **I always felt better afterward.**”*



# Next Steps

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1. Complete and submit enrollment packet.
2. Our team will contact you to complete enrollment steps.

If you have questions or need a copy of the program enrollment packet, please email [CompWeightManagement@osumc.edu](mailto:CompWeightManagement@osumc.edu), or call 614-688-8971.

**Thank you for viewing**



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