

CENTRACARE Weight Management

Program Pathways

	Pediatric Weight Management	Customized	Wellness	Medical	Surgical	Intra-gastric balloon
Audience	Children 6-17 and their families	Adults	Adults	Adults	Adults	Adults
Format	Individual appointments with option for group	Individual appointments with option for group	Individual appointments with option for group	Individual appointments with option for group	Individual appointments	Individual appointments
Duration	Goal of at least 26 visits	Customized per patient need and desire	12 weeks plus monthly weight maintenance	24 weeks plus monthly weight maintenance	6-8 months pre-surgical process plus lifelong post-surgical follow up	12-month program plus monthly weight maintenance
Definition	Family-focused programming using individual and group appointments to address excess weight gain in children.	Individual weight loss program customized to meet an individual's needs. Options include: nutrition classes, weight loss medications, meal replacements, health coaching, and/or dietitian visits. Typical involvement includes 1-4 visits monthly and regular visits with a provider.	Individual weight loss program led by a registered dietitian. This program is designed for people with no weight-related medical conditions. Weekly visits with a dietitian, exercise physiologist or behaviorist are part of the 12-week program. A formal weight maintenance program is included. Meal replacements are utilized as the tool to create weight loss.	Individual weight loss program led by a provider. This program is designed for people with weight-related medical conditions. Monthly visits with a provider and weekly visits with a dietitian, exercise physiologist or behaviorist are part of the 24-week program. A formal weight maintenance program is included. Meal replacements are utilized as the tool to create weight loss.	Individuals with a body mass index (BMI) of more than 40 or those with a BMI greater than 35 with a weight-related medical condition may qualify for weight loss surgery. Sleeve gastrectomy and gastric bypass surgeries are the most common procedures.	Individuals with a body mass index (BMI) between 30-40 may qualify for an intragastric balloon procedure. This option involves placing a water-filled balloon into the stomach through the mouth.

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Experience	The child and parent(s) will participate in a family consultation with physician, psychologist, dietitian and exercise specialist. The family will have a variety of options available including: regular provider visits, regular dietitian appointments, shared medical appointments, and classes.	The participant can expect visits to include an assessment, follow-up and meal planning. The customized plan also includes a variety of options which may include: health coaching, weight loss medications, monthly visits with a provider, individual dietitian visits, meal replacements, nutrition classes, behavior classes, and more.	The wellness program begins with a dietitian assessment and meal planning appointment. The program continues with weekly meetings with an exercise physiologist, dietitian and/or behaviorist in a 1:1 setting. Support classes are also an option.	The medical program begins with a provider and dietitian assessment and meal plan appointment. The program continues with monthly provider appointments, regular lab work and weekly meetings with an exercise physiologist, dietitian and/or behaviorist in a 1:1 setting. Support classes are also an option.	The surgical program involves 6-8 months of pre-surgery appointments with our surgeon, psychologist and dietitian. Post-surgical appointments include medical and dietitian followups, maintenance appointments and support group. Weight loss surgery is performed by our bariatric surgeon at St. Cloud Hospital. Individuals usually spend one night in the hospital.	The intragastric balloon program begins with a surgeon and dietitian assessment followed by placement of the balloon in the stomach (via mouth) for six months. Health coaching appointments occur weekly during the first six months and monthly thereafter to support lifestyle and dietary changes. The procedure is performed by a surgeon and is an outpatient service.
Outcomes	Stabilize growth pattern. Learn nutrition, behavior and exercise patterns.	<ul style="list-style-type: none"> • Weight loss (2-30%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (5-15%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (10-30%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (24-40%) • Prevent, improve, and/or resolve medical conditions 	<ul style="list-style-type: none"> • Weight loss (10-20%) • Prevent, improve, and/or resolve medical conditions
Main Location	Lifestyle Health	River Campus	Lifestyle Health	River Campus	River Campus	River Campus
Fees	Insurance billing is utilized for all physician and psychology visits. Dietitian visits may be submitted to insurance or may be paid for with cash. The program includes options that carry an out-of-pocket expense.	No enrollment fees. Provider visits billed to insurance. Dietitian visits may be submitted to insurance or may be paid for with cash. The program includes options that carry an out-of-pocket expense.	\$350 enrollment fee. Dietitian consultation and weekly coaching visits for 12 weeks are covered by the enrollment fee. Approximately \$84 weekly for food products.	\$350 enrollment fee. Lab work and provider visits are billed to insurance. First dietitian consultation is billed to insurance. Follow up dietitian and weekly coaching visits for 24 weeks are covered by the enrollment fee. Approximately \$84-\$112 weekly for food products.	Provider, dietitian and surgical appointments billed to insurance. Hospital and surgery charges are also billed to insurance. An additional out-of-pocket expense of approximately \$300 is needed for the pre- and post-surgery liquid diet.	The surgeon consultation is billed to insurance. The 12-month program has a fee of \$7,500. An additional out-of-pocket expense of approximately \$120 is needed for 2 weeks of liquid diet products.