



PROCESS SUMMARY

The Tailored Program
(Non-Surgical/Medical)

This document provides an overview of the process you will follow while taking part in our medical weight loss program (3 months) that is based on administration of anti-obesity medications (Saxenda® or Contrave®), nutritional and psychological support.

Client Information Profile and Questionnaire

This document is included in this information pack. It provides us with contact details, general information about your health, physical ability, and social state. It also gives us an understanding of your goals, expectations, and current challenges. In addition to this, we require a copy of your medical history and your current medications from your General Practitioner or medical provider. The medical practice should be able to send you a copy of this without a consultation. We may not be able to proceed without this information. *(if any medical information is withheld, we will not take responsibility for any interactions/adverse outcomes resulting from contraindications/side effects not advised)*

Please complete the Client Information Profile and Questionnaire and return this to us along with your medications and medical history (from your GP) as soon as possible. Once we receive these, we can proceed to booking your initial assessment appointments.

Blood Tests

If you have had any recent blood tests, please let us know and we can obtain the results. You will receive a blood test request form when you receive your appointment details, we would like these done a week before you see us. You can take this directly to any pathology laboratory in your area.

These blood tests can give us an idea of your current nutritional status and highlight any areas we may need to address.

Consultations

During these consultations we will perform a comprehensive nutritional and lifestyle assessment. The members of our team that you will meet during your program are:

Bryan Gibbison – *Bariatric Nurse Practitioner*

Nicolas Gunn/ Zola McDonald/ Laura Gunn – *Nutritionist*

Amanda Flevill – *Psychologist / Behavioural Health*

Laura Gunn/ Nicolas Gunn – *Exercise Specialist*

Areas covered:

- Diet and weight history and habits around eating
- Specific challenges regarding lifestyle changes
- Accountability and motivation
- Challenging unhelpful beliefs and developing strategies to enhance healthier habits and overcome non-hunger related eating
- Role of physical activity
- Overall goals and success habits
- Education and information about Saxenda (liraglutide), Contrave (naltrexone HCl/bupropion HCl) and their support programs (including available resources)

Program Structure

This package will run for approximately 3 months, with an option to continue further appointments outside the process if required (including any more consults with our behavioural health team - *as a fee for service*). A set number of consultations are included in the program with the initial assessment appointment and follow-up appointments as required.

Initial Assessments - 60 minutes with Bariatric Nurse Practitioner

60 minutes with Nutritionist

60 minutes with Psychologist/ Behavioural Health

Follow-up appointments - Your appointments will then continue according to the program outlined for Saxenda® or Contrave® administration. Each appointment will be 30-60 minutes in length and appointments will be held via Teams and/or where preferred, in person. The flow chart of the standard program is below.

Cost and Payment

The cost of the initial assessments and 3-month follow-up program is \$ 1350.00*. You will be required to pay for the package prior to your initial appointments. This can be made through the clinic. Payment is required in full.

Those participants in the program that wish to proceed past 3 months (and if they meet the criteria outlined by the manufacturers) will continue to see the bariatric nurse on a fee for service basis. This cost is \$100.00 per 30-minute consultation. Please note: there are certain criteria that will be highlighted after we receive your referral, that may exclude you from all or parts of the program. We will notify you of this when appropriate.

****Other costs include the daily Saxenda® injections (approximately \$450.00-550.00 per month), or daily Contrave® oral tablets (approximately \$250.00 per month) that you are on the program. More information will be provided about this at your consultation.***

Retreats – Foundations of Healthy Living

Whilst not a compulsory part of the program, all clients are encouraged to attend one of the FOHL retreats that are held during each year. The retreat is a 4-day program designed to help you learn how to change the way you think, act, feel and live. Each day of the retreat is packed with activities designed to help you re-focus on your weight loss goals. With expert guidance from our team of specialists and four days to focus on you, we hope you will leave reignited with some practical skills and tools to help to achieve lifelong, successful weight management. Retreats are \$1850.00 per person for the four days. Dates and details of these are on our website www.fohl.nz.

The PACE Program (*Practising Awareness through self-Compassion and Education*)

At any time, clients can also subscribe to the PACE Program, which along with the FOHL retreat, is specifically designed to deal with the mindset and long-term behaviour changes that are required to ensure weight management long-term. With this program you will experience the same sessions and learnings from the comfort of your home and at your own PACE. It is complementary to the FOHL program, either as an introduction if you are feeling a little anxious about attending, or as revision once you have participated.

Over the 30+ lessons in the PACE Program, you will go on a journey of personal discovery that will help you to become aware of your own blocks and triggers, learn to put yourself first and arm you with the knowledge and tools to be confident to manage long-term weight loss and maintenance. The cost of the PACE program is \$500.00 for life-time subscription or \$350.00 once you have attended an in person FOHL retreat. They can be purchased together for \$2200.00. www.paceprogram.net

Contact Us

Please feel free to contact us with any queries. Our office hours are Monday to Friday, from 8:00am to 4:30pm.

Phone: 07 859 0185

Fax: 07 859 0187

Email: reception@tailorclinics.co.nz

Postal Address: The Tailored Solution Hamilton, 36 Grey Street, Hamilton East 3216

Program Appointment Structure

Initial assessments - 60 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner•Nutritionist•Psychologist/ Behavioural Health
Follow-up 1 (week 5) - 30 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner•Exercise Specialist
Follow-up 2 (week 12) - 30 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner•Nutritionist•Psychologist/ Behavioural Health•Exercise Specialist
If continuing... (week 24) - 30 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner
Follow-up 4 (week 36) - 30 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner
Follow-up 5 (week 48) - 30 min	<ul style="list-style-type: none">•Bariatric Nurse Practitioner
Retreat/PACE	<ul style="list-style-type: none">• We encourage participation at any time throughout the process. This is an extra fee.

During the process, we may suggest you also see the Nutritionist, and the Psychologist (as required) at times determined by the team according to your needs, however those appointments outside the package will be a fee for service.