

TO START ADIPEX (PHENTERMINE)

YOU MUST QUALIFY:

- **TO QUALIFY FOR APPETITE SUPPRESSANTS**
 - **AGE BETWEEN 18 -65 (SEE BELOW FOR FURTHER INFORMATION)**
 - **NOT BREASTFEEDING**
 - **POSTPARTUM (DELIVERED A BABY) 6 WEEKS OR MORE**
 - **NOT ON OTHER STIMULANT DRUGS (ADDERALL, ENERGY DRINKS, EXCESSIVE COFFEE INTAKE, ETC)**
 - **BMI GREATER THAN 30**
 - **BMI BETWEEN 25 AND 29 WITH A FAMILY HISTORY OF DIABETES, HYPERTENSION, HEART DISEASE, OR OBESITY**
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MORE INFO ABOUT QUALIFICATION FOR THIS PROGRAM

If you have hypertension, your blood pressure must be under good control with medication. If you have Diabetes, your HGAIC MUST BE LESS THAN 10. If you have anemia, your hemoglobin must be above 10. If you are seeking Phentermine (Adipex) or HCG for any purpose other than weight loss (i.e. Energy), you do not qualify for this program. You will be asked to leave if such information is obtained. If you have an eating disorder (anorexia, bulimia etc), you do not qualify for our program.

SPECIAL EVENTS PROGRAM

THIS PROGRAM IS FOR PATIENTS THAT ARE NOT OVERWEIGHT PER BMI BUT WHO MAY HAVE A HIGH BODY FAT PERCENTAGE OR HAVE GAINED WEIGHT CONSIDERABLY FROM THEIR NORMAL WEIGHT. THIS ALSO PERTAINS TO INDIVIDUALS PREPARING FOR A WEDDING, A SPECIAL VACATION, CLASS REUNION, OR OTHER SPECIAL EVENTS. YOU CAN PARTICIPATE IN THE PROGRAM FOR A LIMITED TIME.

WHAT TO EXPECT DURING YOUR VISIT:

- **NEW PATIENT VISITS CAN LAST 1-1.5 HOURS**
- **Complete health history form**
- **Brief physical exam**
- **You will receive EKG, screening for heart rhythm**
- **EKG COST \$25, WE WILL NOT SUBMIT TO INSURANCE**
- **LAB DRAW: see policy below .**

OTHER TESTS:

- **BMR (BASAL METABOLIC RATE) TEST – required for all patients**
- **RM3A – optional screening for heart disease, diabetes, & stress**

FOLLOWUP VISITS

YOU SHOULD FOLLOW-UP WITH OUR CLINIC AT LEAST EVERY 4 -8 WEEKS. YOU WILL RECEIVE A REFILL OF YOUR MEDICINE IF YOU MEET OUR WEIGHT LOSS GOALS. SEE SEPARATE SHEET FOR DETAILS OF WEIGHT LOSS GOALS. YOUR WEIGHT AND VITALS WILL BE RE-ASSESSED.

LAB POLICY

- **MINIMUM REQUIRED LABS:** (CBC, CMP, LIPID PANEL, TSH, HGAIC, VITAMIN D): **PATH LABS** can submit fee to your insurance company. If you receive a bill, you will need to communicate with Path Labs. You can receive a bill for \$300 if your insurance does not pay. **PATH LABS** is a separate company from Sure Success Medical Care.
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- **SELF PAY LAB DRAW \$85** (CBC, CMP, LIPID PANEL, TSH, HGAIC)
- **LAB AND EKG WILL BE UPDATED ANNUALLY** (every 12 months)
- **WE WILL NOT WAIT ON FAXED LAB RESULTS or ACCEPT LAB RESULTS ON YOUR PHONE.**

LAB RULES: You will need to have lab drawn before you see the doctor. If you bring in lab from your PCP, the lab must be **LESS THAN ONE YEAR OLD AND NORMAL**. In other words, if you want to receive your medicine the same day of your visit, we will need to draw your lab the same day or lab must be in or office during your visit

LAB RESULTS: If you have your lab drawn the day of your appointment, your results will not be available the same day.

Please do not call the office to go over lab results over the phone. WE will connect you to the patient portal (need email) and once your labs have been signed by the doctor, you will be able to view them.

Once the doctor receives your results, it will be determined if you need to be notified. You will receive an abnormal lab letter in the mail or you will be called if you have any urgent abnormal lab levels. Otherwise, your lab results will be discussed at your next visit.

If you want to go over your lab results and seek treatment with the doctor, you will need to schedule a medical appointment. This consultation will be submitted to your insurance company or you can pay a self pay fee (includes 2 diagnoses with counseling and treatment).

YOU WILL INCUR A \$25 FEE TO YOUR ACCOUNT FOR NO SHOW NO CALL APPOINTMENTS OR CANCELLATIONS WITHIN 24 HOURS BEFORE YOUR APPOINTMENT.

DR SHEILA THOMAS

PATIENT SIGNATURE _____ DATE _____

PLEASE BRING SIGNED COPY TO YOUR APPOINTMENT.