



# Body Composition Plan

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**Patient education**

Making people whole

**BELLA HEALTH + WELLNESS**

**BELLA**  
health + wellness

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# **Health**

A state of complete physical, mental & social well-being,  
not just the absence of disease.

# **Healing**

The process of restoring sound health.

# **Wellness**

The quality or state of being in GOOD health.

Welcome to Bella Health + Wellness Medical Weight Loss Program! You were made well! You are good! But life happens and sometimes we get a little off track. You know where you want to be, and it's time for a little help getting back to the YOU that you want to be. That is what we are here for, to help you be whole!

# **We are honored to journey with you through healing to a place of Health + Wellness**

Our medical weight loss program is tailored to you and your individual goals. Through natural supplements, dietary changes, personalized counseling and exercise we find the building blocks to our wellness. The addition of medication and technology provide added tools to succeed. Additionally, you are not alone! Our health coach and provider team are with you to tackle the struggles and celebrate the successes. We are here for you!

## Track changes over time

Monitor progress over a period of time with concrete data.

## Identify problem areas and strategize

By identifying underlying health issues and muscle or fat imbalances we can establish a baseline and make practical goals.

## Design intentional plans using individualized data

Using data such as your actual Basal Metabolic Rate, we can create an individualized plan. No more guesswork in deciding how many calories you need to take in or which supplements to take!

**You are more than just a number!**

# One-time \$415 Body Composition Plan Includes:

- One Year of monthly Body Composition Analysis (InBody Weigh in and measurements)
- One Year of monthly check-ins with Health Coach for accountability, goal setting and encouragement.
- One year of monthly online group Nutrition Counseling.
- Water Bottle & Draw string gym bag
- Planner for food planning and tracking

## BODY COMPOSITION PLAN **DOES NOT** INCLUDE:

- Medications
- Provider visits
- Lab testing
- Supplements

## ADDITIONAL SELF-PAY ESTIMATED COSTS:

- Labs: \$175-250
- Injectable medications: \$295-395/vial
- Oral medications: approximately \$90/monthly supply
- Provider visits: \$186-350

# Here is what to expect your first three months

Timing	Who	What
Initial Visit	Provider	It's time to be well! Investigation and discussion to identify your health needs and establish a baseline. If appropriate, we may order labs or medication to get you going.
	Health Coach	Initial Body Composition Analysis. Initial Autonomic nervous system testing. Initial Body measurements. Teaching on medication if indicated.
Welcome to the program!	Provider	Welcome to Bella Medical Weight Loss Plan! Review of labs, measurements, and diagnostics. Order medications if indicated/
Week 2	Health Coach	Weight check. Review activity and food goals and barriers.
Week 4	Provider	Monthly check in with your provider to review progress.
Week 6	Health Coach	Weight check. Review activity and food goals and barriers. Repeat blood work if indicated.
Week 8	Provider	Monthly check in with your provider to review progress and 6-week blood work if indicated.
Week 10	Health Coach	Weight check. Review activity and food goals and barriers. Repeat blood work if indicated.
Week 12	Provider	Monthly check in with your provider to review progress and 10-week blood work.

Health and wellness occur over a lifetime! This is just the beginning!

# **We will tailor a plan to meet your goals and needs! Health+ Wellness is our mutual goal**

Recommendations prior to starting a medical weight loss plan include:

## **Routine Annual Physical**

- Physical examination
- Women: Breast and pelvic exam if indicated
- Referrals for: Mammogram, dermatology, colonoscopy if indicated

## **Laboratory Studies**

- Complete Blood Count
- Fasting Comprehensive metabolic panel
- Fasting lipid panel
- Full Thyroid Panel (TSH, Free T3, Total and free t4, TPO antibodies)
- Hemoglobin A1c (HbA1c)
- Fasting insulin
- B12
- Vitamin D

## **Additional hormones studies if other symptoms are identified**

- Estradiol
- Testosterone
- FSH
- Progesterone (Women: Obtain labs 5 days prior to menses if not menopausal)
- PSA (Men over 40)

Evaluation of degree of body fat with InBody body composition calculator  
Autonomic Nervous System Testing (ANS) to screen for Hypertensive disorders  
Waist Circumference

**CALL BELLA TO SCHEDULE YOUR INITIAL PHYSICAL,  
INTAKE, AND CONSULTATION  
303.789.4968**