WEIGHT & WELLNESS PROGRAM
REFERRAL GUIDELINE

HIGH RISK
SUGGESTED EMERGENT CONSULTATION

MODERATE RISK
SUGGESTED CONSULTATION OR CO-MANAGEMENT

LOW RISK
SUGGESTED ROUTINE CARE

CLINICAL PRESENTATION
Patients with a BMI greater than or equal to 35
AND
Who have tried various treatments, which may include diets, medication and changing eating habits without results that last

SUGGESTED MANAGEMENT
Referral to: REF1104

PSR will contact patient from:
MaineHealth Weight Management
41 Donald B. Dean Drive
Suite A, South Portland, ME

SUGGESTED EMERGENT CONSULTATION

SUGGESTED ROUTINE CARE

CLINICAL PEARLS

- Services Provided:
  - Evaluation and treatment by physicians, behavioral health clinicians, APPs and dietitians
  - Group and individual lifestyle management and counseling sessions
  - Bariatric surgery
  - Medication management
- Other Resources:
  - COOKING MATTERS: Six-week virtual classes that teaches adults about healthy meal preparation and shopping on a limited food budget.
  - Patients self-refer by contacting Good Shepherd Food Bank at (207) 782-3554
  - * Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.

These clinical practice guidelines describe generally recommended evidence-based interventions for the evaluation, diagnosis and treatment of specific diseases or conditions. The guidelines are: (i) not considered to be entirely inclusive or exclusive of all methods of reasonable care that can obtain or produce the same results, and are not a statement of the standard of medical care; (ii) based on information available at the time and may not reflect the most current evidenced-based literature available at subsequent times; and (iii) not intended to substitute for the independent professional judgment of the responsible clinician(s). No set of guidelines can address the individual variation among patients or their unique needs, nor the combination of resources available to a particular community, provider or healthcare professional. Deviations from clinical practice guidelines thus may be appropriate based upon the specific patient circumstances.