WEIGHT & WELLNESS PROGRAM REFERRAL GUIDELINE

Maine Medical Center - Weight & Wellness Program · 41 Donald B Dean Drive, Portland, ME · (207) 661-6064

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:

Weight and Wellness 41 Donald B. Dean Drive Suite A, South Portland, ME

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 Courtney Kennedy, Nutrition and Education Manager at Good Shepherd Food Bank at ckennedy@gsfb.org or (207) 782-3554 X1125
- * Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.

Maine Medical
PARTNERS

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.

V1.0 9/22