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 c kennedy@gsfb.org or (207) 782-3554 X1125
  - * Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.