

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.

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P A R T N E R S