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Dear Doctor:

At EMPOWERED WEIGHT LOSS (EWL) our mission is to help patients live full and healthy lives through weight loss. We offer a range of options customized to the individual's needs including surgical and non-surgical options. Programs include:

- **Medical supervision**
Utilizes the expertise of physicians to help the patient lose weight safely.
- **Lifestyle education**
Combination of behavioural change, dietary education and exercise.
- **Counseling**
Individual and group counseling by highly-experienced experts.
- **Ongoing personalized support**
Weekly support during and after weight loss to help patients long-term.

We have vast experience in gastric surgery. Surgical options Include:

Laparoscopic Adjustable Gastric Band, Sleeve Gastrectomy, Surgery to Correct Malfunctioning Gastric Band, and Gastric Balloon

Non-Surgical options includes the CORE OPTIFAST PROGRAM which utilizes a full meal replacement plan transitioning to self-prepared 'everyday' meals in addition to our lifestyle education program. Success rates are highest in the industry:

- 52 lb average weight loss
- 15% average decrease in cholesterol
- 10% average decrease in blood pressure
- 29% average decrease in blood glucose
- 50% of patients after 5 years kept the weight off

*www.optifast.com

Please complete fax referral attached. We will contact the patient directly. We will also provide ongoing communication on success of patient goals. Physician consultations are covered by OHIP.

EMPOWERED WEIGHT LOSS REFERRAL



LABEL HERE

Our multidisciplinary team is comprised of physicians, dietitians, nurses, behavioural therapists who understand the needs of bariatric patients. Our team works together to provide a comprehensive service to overweight and obese patients and to ensure that all aspects of health involved in the accumulation of excess weight are addressed. We achieve this by using the Canadian Practice Guidelines on the Management and Prevention of Obesity.

Patient Name _____

OHIP # _____

Patient Phone # _____

Referring Physician _____

Physician Billing # _____ Fax # _____

Date of Referral _____

Height _____ Weight _____ BMI _____

CRITERIA

Have a BMI over 30 and are looking to reduce their risk of obesity related co-morbidities or need to lose weight for medical or surgical reasons

OR

Have BMI between 27 and 30 who suffer with other medical co-morbidities

AND

Patient motivated and willing to commit to regular group or individual sessions

Patient has no uncontrolled mental health conditions

Is this request urgent? Yes No

Is the patient aware of this referral? Yes No

REASON FOR REFERRAL

- Surgical Weight Loss Solutions*
- Lifestyle Weight Management Program*
- OPTIFAST Weight Loss Program*
- OPTIFAST Pre Surgery Weight Loss program*
- Dietician Services*
- Personal Fitness Trainer Services*
- Other

Referring health care provider and signature

Date

Please fax completed form. We will contact your patient.

* Some services not fully covered by OHIP, all Physician visits are covered