

The day of your MedGem measurement:

- Do not eat or drink anything for at least 4 hours prior to your scheduled appointment. Water is OK.
- Do not exercise for at least 4 hours prior to your scheduled appointment.
- Do not consume caffeine or nutrition supplements for 4 hours prior to your scheduled appointment.
- Do not use nicotine for 1 hour prior to your scheduled appointment.
- Continue to take any prescribed medications.
- Call your healthcare provider at:

if you develop an acute illness (flu, infection, etc.) or to reschedule your appointment.

Your MedGem measurement appointment:

Date: _____

Time: _____



For Customer Support Contact:
Sales & Support@1-800-968-1378
info@MiMHS.com
www.MiMHS.com

Why does MedGem Weight Management Solutions work?

MedGem Weight Management Solutions is an evidence-based solution for healthcare providers that follow international and national guidelines for treating excess body weight.

MedGem Weight Management Solutions is only delivered by trained healthcare providers, therefore you are getting an accurate and reliable program that meets your healthcare needs.

MedGem Weight Management Solutions offers a personalized approach to weight management by providing the single best piece of information available in developing your nutrition plan. In addition, studies have consistently demonstrated that personalized nutrition plans are better at helping you lose or maintain weight.

1. McDoniel S, Haugen H, Tran Z, & Nieman D (2009). The accuracy and reliability of using a handheld indirect calorimeter for assessing body fat in overweight adults. *Obesity*. 17(s2): S204.
2. McDoniel SO. A Systematic Review on the Accuracy and Reliability of a Hand-Held Indirect Calorimeter for Assessing Energy Needs in Adults & Children. *Int J Sport Nutr Exerc Metab*. 2007; 17: 491-500.
3. McDoniel SO, Nelson HA, Thompson CA. Employing RMR technology in a 90 day weight control program. *Obes Facts*. 2008; 1(6): 298-304.
4. Chambliss H, Finley C, Huber RC. Computerized self-monitoring and email feedback for weight loss using commercially available software. Dallas, TX: The Cooper Institute; 2008.
5. Noar SM, Benac CN, Harris MS. Does tailoring matter? Meta-analytic review of tailored print health behavior change interventions. *Psych Bull*. 2007;133(4):673-693.



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MedGem Weight Management Solutions



Weight management success
is a simple measurement away...



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Medical Home Solutions

MedGem Weight Management Solutions is a patient-centered, healthcare provider solution for treating excess body weight.

The MedGem solutions is the first and only weight management solution designed with a patient-centered, healthcare provider-guided approach to weight management. MedGem Weight Management Solutions provides the healthcare provider with the means to quickly assess your metabolism providing a medically based and structured approach to weight management.

MedGem solutions leads to better results because your weight management plan is based on your physiological needs and not a standardized, "one size fits all" approach you have tried before. With the help of MedGem Weight Management Solutions, your healthcare provider is able to quickly assess your metabolism and body fat,¹ providing an accurate² assessment for contributing to a more focused and personalized weight management plan.

Who would benefit from MedGem?

If you have excess body weight, **MedGem** is right for you. Excess body weight increases your risk for developing over 60 different chronic diseases such as:

- | | |
|---------------------|---------------|
| High blood pressure | Diabetes |
| High cholesterol | Heart disease |
| Sleep Apnea | Some cancers |

MedGem is also beneficial to you if you desire to maintain bodyweight.

Ask your healthcare provider if MedGem is right for you!

For more information visit:
www.MIMHS.com



Metabolism Matters

Your metabolism is the total number of calories burned each day. Metabolism is comprised of normal bodily functions and daily physical activity. Since metabolism is an essential component to weight management, it is important for your healthcare provider to assess your metabolism to establish your daily calorie goals.

Why is it important to know my metabolism?

Metabolism is influenced by a number of factors, such as:

- | | |
|----------------|--------------------|
| Age | Gender |
| Bodyweight | Muscle mass |
| Hormone levels | Illness or disease |
| Medications | |



** Source: "Resting Energy Expenditure, Body Composition, and Excess Weight in the Obese." Gary D. Foster, et al., *Metabolism*, Vol.37, No.5 (May), 1988, pgs.467-472.

Even individuals that are similar to one another such as family members or friends can have significant metabolic differences. A previous scientific study indicated individuals with similar physical characteristics (i.e., bodyweight, gender, age, etc.) can have large metabolic differences -900 calories per day. This may explain why weight loss varies among friends and family members participating in the same weight loss program.

MedGem Weight Management Solutions Success

Patients with a nutrition plan developed with the MedGem device experience nearly double the weight loss compared to traditional methods.³ Patients indicate the MedGem measurement is important to their weight loss success.⁴

Will my insurance company pay for my MedGem measurement?

Insurance coverage is dependent upon your policy and is difficult to make generalizations regarding coverage. However, most insurance companies including Medicare will consider coverage if you have an underlying medical disease related to your excess bodyweight. Speak with your healthcare provider to determine if your insurance company may cover your MedGem measurement.

