

Patient Prescription for Weight Management

Name: _____ Date: _____

BMI: _____ (Normal BMI Values are between 20.0 - 24.9)

A 5-10% body weight reduction can have a beneficial effect on your health. Activity and healthy eating are an important part of preventing and managing the following health problems.

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Asthma/COPD |
| <input type="checkbox"/> Sleep Apnea | <input type="checkbox"/> Depression | <input type="checkbox"/> Other: _____ |

Physician Recommendation:

- CPT 94690. RMR/V02 Assessment to determine daily energy needs:
- E/M 99211. RMR Assessment Report follow-up by _____
-OR- shared medical visit (SMV) for disease management:
- E/M 99212-214: MD/DO/PA Individual Follow-up.
- Dietitian Referral (www.eatright.org): _____
- Bariatric Physician Referral: _____
- Prescribed or OTC Weight Loss Medication: _____

Nutrition Goals:

- Self-monitor your daily intake using a MiHealthLog™. Go to www.MiHealthLog.com for a free 7-day introductory offer
- When eating out, share or bring home half of the entrée.
- Limit the use of added fats such as salad dressing, mayonnaise, peanut butter, margarine, butter, and oil.
- Consume five servings of fruits and vegetables per day.
- Replace sweetened beverages like soda, coffee drinks, or fruit drinks with water or low-calorie substitutes.
- Avoid eating fast food. Other: _____

Physical Activity Goals:

- Take the stairs whenever possible.
- Use a pedometer to track your steps. Walk 8,000 to 10,000 steps per day.
- Walk instead of driving one-mile to a store.
- Walk _____ minutes _____ times per week.
- Park towards the back of parking lot. Other: _____

Additional Resources:

Weight Loss Tools: Microlife Medical Home Solutions, Inc. (800-968-1378 or www.MiMHS.com)

- WatchBP® Home BP monitor
- Digital Bodyweight Scale & Pedometer (Microlife USA, Inc.)

Community Resources:

- Weight Control Network: Other: _____
<http://win.niddk.nih.gov/publications/index.htm>
- How to Lose and Manage Weight: Weight Watcher Meetings:
<http://www.fda.gov/loseweight/> <http://www.weightwatchers.com>