

UC Davis Health
Medical Weight Management Program
Financial Commitment, Product Policy & Procedures

Program Description

Full meal replacement program with nutritionally complete products – meaning the products provide all the protein, carbohydrate, fat and essential vitamins and minerals your body needs. This low-calorie diet causes the body to burn fat for energy. The products are low in carbohydrates and fat while still providing a minimum amount needed for health. Visits are conducted in a group format weekly via Zoom for a total of 16 weeks. The average expected weight loss from program start weight is ~10%.

UC Davis Health agrees to commit to:

1. Begin weekly sessions on time
2. Maintain confidentiality
3. Provide medical supervision as indicated by program protocol
4. Create and maintain a safe and supportive environment
5. Facilitate and moderate group discussions to maintain the best interests of the group

Patient agrees to commit to:

1. Connect to session on time and stay for the duration of the class
 - a. Camera needs to be turned on and first name displayed on Zoom sign-in
 - b. Need to be in an area where you can participate during class, not distracted (i.e. cannot connect while driving)
2. Attend class weekly. If unable to keep appointment, need to notify dietitian prior to start of class.
3. Maintain the confidentiality of other members as well as information shared in the class
4. Make appropriate lifestyle changes to improve long-term success
5. Consume the prescribed number of products daily. You will not lose weight faster by consuming fewer products
6. Notify the medical care provider about any changes in medications or in medical status
7. Complete all required lab work within 1 week prior to your medical appointment
 - a. Failure to complete lab work will result in termination of the program
8. Must have an active UC Davis MyChart account
9. Must respond to weekly check in message by end of day Tuesday

The Zoom link invitation is shared in a private group, but privacy cannot be guaranteed. This is not a confidential medical, psychiatric, or psychological service. The purpose of the group is to provide support, share information, and provide education. The staff member present for this meeting does not take the role of treating provider to any of the attendees of the video group. While the group is not “therapy,” it may still be therapeutic. If any of the attendees foresee a psychiatric or medical crisis, they should call 911 or go to the nearest emergency room. If there is significant medical or emotional distress that requires care, the attendee should notify their primary care provider as soon as possible. UC Davis staff present in the video group does not take medical or psychiatric responsibility of any of the attendees, this responsibility is solely of the attendee even if suggestions are made in the context of this group.

By clicking the link and attending the video group, you are acknowledging all of the above and stating you understand the limits to care and confidentiality.

Financial Commitment

\$500 Program Fee (\$125 per month):

- Weekly virtual group sessions with Registered Dietitian for total of 4 months
- Body composition scale analysis throughout the course of the program
- Maintenance phase monthly group sessions after initial 4-month program

\$450 Startup Kit:

- Initial consultation with Registered Dietitian
- First 1-2 weeks of product with variety of flavors

Medical Visit Copay: dependent upon insurance (total of 3 visits)

Product Cost:

BMI	Daily # of Products	Cost Per Week
<40	5	\$172.50
40-44	6	\$207
45+	7	\$241.50

Product Purchasing Policies and Procedures

1. All payments to be made with a debit or credit card. No checks or cash will be accepted.
2. Products to choose from include ready to drink shakes, powder shakes/puddings, bars, and soups.
3. Product will be purchased at the time of pick up in the clinic and you must purchase your weekly prescription in full.
4. You must attend your weekly virtual sessions, complete all required lab work and medical visits in order to purchase products.
5. The program cannot exchange meal replacement products once they have left the building.
6. **No refunds** will be given for the program fee, startup kit or meal replacement products.
7. You may not sell the meal replacement products purchased through this program.
8. The meal replacement product is not to be stored in extreme temperatures (e.g., a car exposed to the summer heat). The product is best stored at room temperature.

Lack of attendance to weekly sessions, not responding to check in/ordering messages and/or failure to purchase products will result in dismissal from the program. All patients to need to be active group members.

I acknowledge that I have read this document and have had ample opportunity to discuss all my questions. I understand that progress reports may be sent to my primary care physician as appropriate. I understand and accept my responsibilities as outlined in this agreement.

Participant Name: _____

Signature of Participant: _____

Date: _____

Signature of Program Facilitator: _____

Date: _____