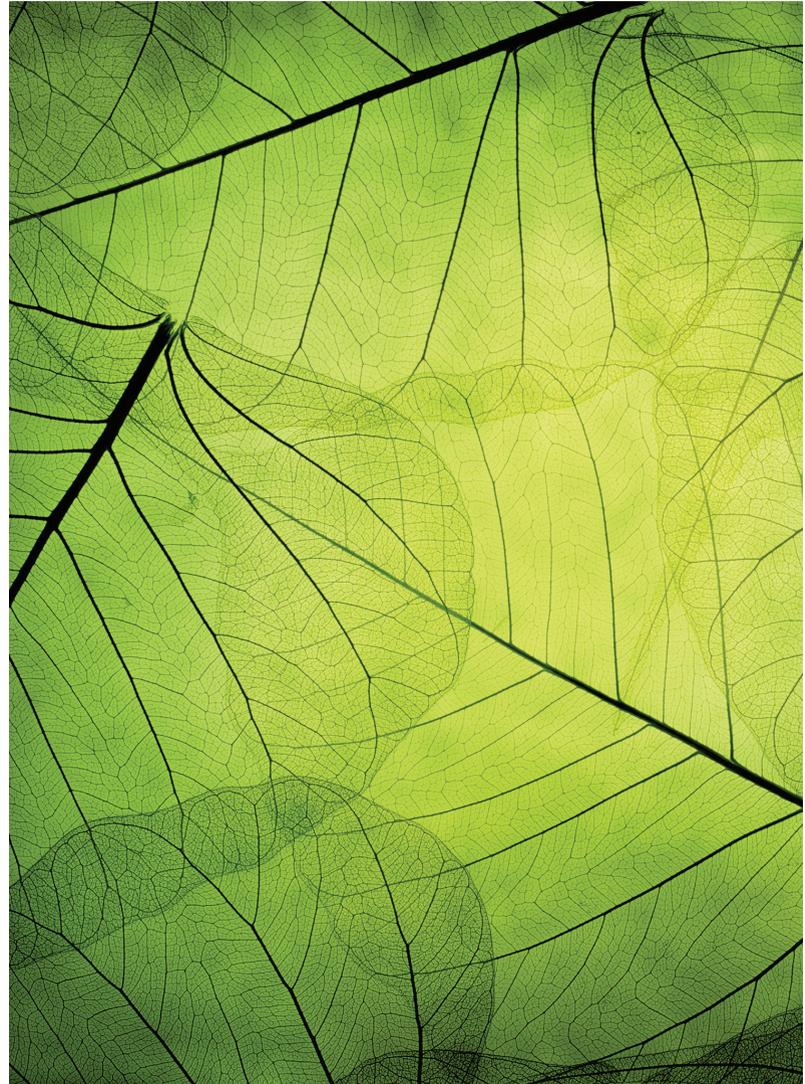


ALLINA HEALTH

# Weight management



**AllinaHealth**

**Coon Rapids – Allina Health Weight Management  
Mercy 763-236-2045**

**Minneapolis – Abbott Northwestern Hospital  
Bariatric Center 612-863-7501**

**Plymouth – Abbott Northwestern Hospital  
Bariatric Center 612-863-7501**

**St. Paul – United Hospital  
Bariatric Center 651-241-6600**

**Shakopee – St. Francis Regional Medical Center  
Bariatric Center 952-428-5433**

[allinahealth.org/wls](http://allinahealth.org/wls)

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## Personalized care: it's all about you

Obesity is a disease, and it can be treated.

You will find support, resources and medical professionals at Allina Health Weight Management to help you achieve your goals for a healthier life.

- Medical Weight Management program
- Surgical Weight Management program
- Kids & Teens Weight Management program

## Medical Weight Management program

You can lose weight, improve your overall health and decrease the severity of weight-related medical conditions through the Medical Weight Management program. You will learn skills and develop lifestyle changes to successfully maintain a healthy weight and improve your quality of life.

*The Medical Weight Management program is available in Minneapolis and St. Paul.*

### *Group program*

You may wish to consider the Medical Weight Management group program, a medically supervised,

## Kids & Teens Weight Management program

Allina Health Kids & Teens Weight Management Program is a resource for kids, teens and young adults to achieve a healthier weight. We provide patients and their families with a medical support system for weight management. Patients need their families and caregivers to be supportive and to fully participate in their weight management program.

*The Kids & Teens Weight Management program is available at our Minneapolis location.*

Through the program, families and patients may work with dietitians, medical doctors, nurse practitioners, social workers, mental health providers, physical therapists, surgeons and other specialists. For some kids, teens and young adults, this may include discussions about weight loss surgery.



non-surgical weight loss program. Weight loss achieved through this program will improve your overall health. The group program cost is covered by most insurers, including Medicare and Medicaid (copays, coinsurance and deductibles may apply).

Your group program will include:

- one-on-one medical evaluation by an advanced practice registered nurse
- information about nutrition, physical activity and emotional well-being
- learnings from other participants who have the same medical condition
- support and guidance to make incremental changes to improve your health.

#### *Individual program*

If you prefer more personalized, one-on-one care, the individual Medical Weight Management program may work best for you. Appointments are coordinated for your convenience, to minimize your time spent at the clinic. The individual program cost for provider and dietitian visits is covered by most insurers, with the exception of Medicare. Individuals pay out-of-pocket for exercise and health coach visits (check with your health insurance company account to see if flex spending accounts or health savings account funds may be used for this program).

- **Medical:** You will meet with a weight loss physician or nurse practitioner. The provider will create a specialized treatment plan for you. Your treatment plan may include medication.
- **Diet:** A registered dietician will meet with you to develop a diet tailored to your specific needs. The focus is on portion control, healthy eating and a moderately reduced calorie diet that will work for you.
- **Exercise (*optional add-on service*):** You may choose to meet with an exercise physiologist to develop a personalized exercise program. The goal is to increase your overall activity to stimulate weight loss and assure long-term weight management.
- **Health coach (*optional add-on service*):** You may choose to meet with a health coach to identify and modify behavioral barriers to weight loss and keep you motivated to improve your health.

## Surgical Weight Management program

Your decision to have weight loss surgery is very personal and complex. Weight loss surgery is proven to be the most successful long-term treatment for severe obesity. You will receive support, assistance and advice throughout your weight loss journey from your Surgical Weight Management care team to help you make the right choices for a healthier life.

*The Surgical Weight Management program is available in Coon Rapids, Minneapolis, St. Paul and Shakopee.*

- It is important to remember that all surgeries carry risks. The care team will talk with you about the benefits and risks of weight loss surgery, and help you determine your best option.
- Pre-operative clinic visits prepare you for weight loss surgery.
- Private hospital rooms with specially trained staff during your hospital stay.
- Post-operative clinic visits monitor your progress and help you stay on track.
- You may choose to join free weight loss surgery support groups, available across the metro area.
- Health coaches and exercise physiologists are available through the Penny George™ Institute for Health and Healing (additional fees apply).

There are several types of weight loss surgery. In most cases, surgeons use laparoscopic surgery because you will have smaller incisions, less tissue damage, less scarring, less pain, a shorter hospital stay, quicker recovery and fewer post-surgical complications. Weight loss surgery quality outcomes at Allina Health exceed the national average.



Allina Health surgeons offers the following surgical weight loss procedures (*surgical options vary by location and surgeon*):

- sleeve gastrectomy
- Roux-en-Y gastric bypass surgery
- adjustable gastric band surgery (Lap-Band® surgery)
- duodenal switch.