

Exciting New Weight Loss Program For Obesity Service

Dear Doctor,

COVID-19 remains in the news every day. Despite Australia avoiding the rates being experienced in some other countries, the threat to our way of life is ever present. But we are learning more about the virus as time goes on.

It is now clear that some of the biggest risks for complications with COVID-19 include:

- 1. Obesity**
- 2. Diabetes**
- 3. High Blood pressure**

This is the time for you to assist your patient to reduce their risk.

Endocrinologist Roland McCallum and the Transformed Multidisciplinary team will personalise a weight loss program for your patients to achieve their weight loss goals.

Dr Roland McCallum, BSc (Hons) MBChB FRCP FRACP MD, graduated from the University of Glasgow and worked in the MRC Blood Pressure and Endocrinology Unit in the Western Infirmary whilst completing his basic Physician training.

How do I refer my patient?

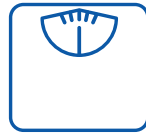
To refer your patients to **TASMANIA'S FIRST COMPLETE PRIVATE OBESITY SERVICE**, please forward a referral to Dr Roland McCallum at Transformed Weight Loss Program; Fax: 03 6122 0169.



WHAT DOES THE 12 WEEK PROGRAM INCLUDE?



- An initial comprehensive pre-program metabolic assessment, with one of our Nurse Practitioners to identify any physical causes for weight gain
- Also to order required pathology ready for Dr McCallum's Initial Assessment Clinic.
- Nurse Practitioner will liaise with your GP for GPMP&MHCP plans if required



Initial and 4 weekly Progress Analysis Body Composition (valued at \$70 each)



Small Group Presentation and consultation at the Hub with Dr Roland McCallum and his registrar.



Pharmacotherapy - Individualised & supportive medication prescription for those clients whom Dr McCallum assesses as necessary.



12-week of one-on-one coaching with our Nurse/Wellness Coach



A One-on-one session with one of our Accredited Practising Dietitians



A One-on-one session with one of our Exercise Physiologists



Fitness test and tailored exercise programs



12 Weeks of Online Modules



Recipes and meal plans (Dietitians approved)



Weekly challenges



Recipe Library



Private Facebook Community



One-on-one session with one of our Clinical Psychologists.

***Psychologist** - Your coach will assess your need for additional support from our Clinical Psychologist, specialising in food addiction. Post bariatric surgery patients will all require to see a Psychologist.

Optional - Additional costs may apply

- Gym membership
- Support materials - resources, books, vitamins (Term and conditions apply)

***Telehealth available** for Online Program