

## Weight Management

In a continuing effort to provide our members with quality service, Total Health Care has developed a Weight Management Program. Please note the physician's remuneration is not affected. This program is designed to assist our members in making healthy lifestyle changes.

The program is geared toward individuals 10 years old and older with high BMI's. When a physician identifies a patient that is a candidate for weight management, Total Health Care requests that the primary care physician submit a prescription requesting that the member attend Weight Watchers®.

The prescription should include:

- Member's name
- Total Health Care identification number
- Height
- Weight
- Co-morbidities
- For children ages 10 - 16, also include normal weight for the child based on their age and height.

The member will then be provided with information regarding the Weight Management Program and Total Health Care will issue a referral to Weight Watchers®. To listen to a detailed voicemail message that addresses commonly asked question, call (313) 871-5258. To enroll a candidate for the program into Weight Watchers® fax the member's information to (313) 748-1368. For more information about Weight Watcher®, its Program, services and locations, please visit [://www.888-3-florine.com](http://www.888-3-florine.com).

### Useful links

CDC Department of Health and Human Services BMI calculator for adults

[://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/english\\_bmi\\_calculator/bmi\\_calculator.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm)

CDC Department of Health and Human Services BMI calculator for children and teens

[://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx](http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx)

CDC Department of Health and Human Services BMI chart for boys

[://www.kidsnutrition.org/images/pdfs\\_nyc/cdc\\_bmi\\_boys.pdf](http://www.kidsnutrition.org/images/pdfs_nyc/cdc_bmi_boys.pdf)

CDC Department of Health and Human Services BMI chart for girls

[://www.kidsnutrition.org/images/pdfs\\_nyc/cdc\\_bmi\\_girls.pdf](http://www.kidsnutrition.org/images/pdfs_nyc/cdc_bmi_girls.pdf)

Food Guide Pyramid for young children (2 to 6 years old)

[://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf](http://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf)

The Food Guide Pyramid for Children

[://www.kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://www.kidshealth.org/kid/stay_healthy/food/pyramid.html)