

Contact our office for more details!
info@coastalwomenswellness.com
239-237-5529
www.coastalwomenswellness.com



COASTAL WOMEN'S
W E L L N E S S



Weight Management

Consultation (\$399) includes:

- Initial Consult: 60-min comprehensive consultation
- 2-wk follow-up: 40-min review & treatment plan
- Comprehensive health and medication history review
- State of the art Styku™ 3D body analyzer**
- Baseline lab order & review, referrals, care coordination
- Detailed review of prior diets, programs & treatment
- Screening for medical co-morbidities
- Assess candidacy for weight loss medications
- Prior authorizations for medications as indicated
- Review of physical activity history, habits and limitations
- Informational handouts

*Get tangible guidance
and structured
medication plans from a
dually board-certified
OB/GYN & Obesity
Medicine physician who
has unique knowledge of
women's health
combined with nutrition
and metabolic health*

Weight Management Follow-ups (\$115-175/visit)

- Medication management with prior authorizations/renewals as indicated
- Shorter intervals required while still titrating and adjusting goals
- Maximum 6-month interval for medication surveillance at maintenance doses
- **Styku™ 3D body analyzer** scans offered at discounted rate \$30/scan
- Portal access for easy scheduling, med clarification & view care plans/notes/labs etc.
- **No portal/phone clinical support between visits- new concerns prompt scheduling**
- General nutrition & exercise recommendations. Individual structured weekly lifestyle plans available for additional fees or through outside referrals.
- In-person or telemed options

* NOT a replacement for primary care

* GYN care is separate but at an "established" patient rate

* Medication costs are separate and variable by insurance plan and pharmacy