



**MERRITTHEALTH
& WELLNESS** LLC

Virtual Wellness & Weight Management Course

Topics Include:

- Successful habit building
- Nutrition; Meal planning support
- Optional macro-nutrient and caloric guidance
- Exercise optimization
- Sleep and stress support
- Hormone balance
-And more!



When: Wednesdays; January 11th through February 15th (6 classes total);

Time: 5:45-7:00pm

Format: Virtual (Zoom)

Cost: Your insurance co-pay or co-percentage (deductibles apply as well)

**Option to have recording sent if you can't make it for the live session*

**Option for Family/friends who are not current patients to join*

Why Groups?

- For the same insurance cost, you have 75 minutes with a medical provider versus the standard 20-30 minutes
- Patient education, and accountability are two of the most important factors for adherence to lifestyle change
- Research shows most people enjoy, and find comfort in small group settings with peers who have similar health issues and goals

WANT MORE INFORMATION?

****See next page for FAQ****

Email: lindsey@merritthw.com to join



Lindsey Wismer is a board certified Nurse Practitioner with 12 years of clinical experience, and many patient success stories. She also holds a certification from Precision Nutrition, and is a former personal trainer through the National Academy of Sports Medicine, with an undergraduate degree in Exercise Science. She believes in meeting patients where they are at, and then using compassionate coaching to help them become a healthier version of themselves. This is done through easy to understand education, and detailed guidance on realistic, short and long term behavioral change, which is a key factor to achieving and maintaining a healthier you.



Frequently Asked Questions

If you would like to join, please email lindsey@meritthw.com

WHEN IS IT? Classes are **weekly on Wednesdays, beginning January 11th, and ending February 15th.** (6 sessions total). **Time is 5:45pm to 7:00pm.** It is always okay if you need to join a bit late, or leave early. I do encourage live participation in this format to keep yourself accountable and engaged. That being said, if you cannot make the live time, I will email the recording, presentation slides, and handouts to you. (Insurance billing will still apply).

WHAT VIRTUAL PLATFORM IS BEING USED? Zoom. This has the option of keeping yourself anonymous to other participants if desired. Anyone can join with video, or just use audio.

HOW MUCH DOES IT COST? We will bill your insurance. The insurance code billed will be a "99214", **which is the same as a regular 20-30 minute individual office visit with your provider.** We will use diagnosis codes that your insurance will accept. Deductibles and/or co-pays will apply in the same way they do for a regular office visit. If you're unsure of your specific coverage details, look them up on your plan's website, or call your customer service to ask.

CAN A FRIEND OR FAMILY MEMBER JOIN? YES, and this is encouraged! People will always do better with lifestyle changes if they have an accountability partner in their day to day life. For people who are not current patients, the out of pocket, non-refundable cost is \$400.

WHAT IS THE CLASS FORMAT?

- **Part 1:** Educational overview on 1 or more issues related to wellness and weight management
- **Part 2:** Detailed guidance on how to succeed with wellness and weight management in your day to day life.
- **Part 3:** Follow up plans based on the topics of the day, along with some take away information/support handouts.
- **Part 4:** Question and answer time. (We will also break for Q and A 1-2 times during the presentation)

- **Following each class, you will receive a recording of it, copies of the slides and any additional materials/handouts**

IS THIS CLASS JUST FOCUSED ON WEIGHT LOSS? DO I HAVE TO TRACK AND/OR REPORT MY WEIGHT?

No and No. I will offer plenty of guidance on weight loss since this is a goal for so many, but a lot of that discussion also entails how to enhance health and wellness in general. If you are not ready for a weight loss plan right now, but want to learn more about wellness and perhaps eventual tools for weight loss success, this course is still of great value. I am focussed on helping you implement and succeed at the small day to day changes that are critical to make in order to achieve long-lasting, healthy weight loss.. I am interested in explaining the "science" of weight loss in a way that is easy to understand, and the behavioral piece of weight loss (always the harder part for people to implement) In addition, when the right approach is taken for weight loss, patients also report increased energy and strength, better sleep, less pain, boosted confidence, less depression and anxiety, less gastrointestinal distress, better skin health, improved menstrual cycles/menopause symptoms, reduction of metabolic illness (high blood pressure, diabetes etc) and so forth- sometimes those things being more rewarding than the weight loss itself!

WHAT DOES THE CLASS CONTENT INCLUDE THEN? A variety of topics will be presented/discussed that pertain to wellness and weight management including heavy focus on what I like to call "Flexible Nutrition", exercising to match your goals, stress management, sleep optimization, and hormone balance. We will intertwine these topics with learning about how to make behavior change feel less overwhelming, and become more consistent

IS THERE A DIET I HAVE TO FOLLOW? No. Rather, I will be providing a broad overview of general nutritional principles that are proven to be most successful for obtaining a healthier body weight, or improving general wellness. The best nutritional diet for you is the one that makes you consistently feel your best, while also supporting your good health

DO I HAVE TO COUNT CALORIES OR MACRONUTRIENTS? No. But, this will definitely be an option for those who want to learn how to do it, and I will teach you how to do it effectively. While Macro and/or calorie tracking can be highly successful for many people, it is not necessary for everyone, and other alternatives will be discussed

ARE YOU MAKING A MEAL PLAN FOR ME? No. Writing up a specific meal plan does not foster the right educational approach for long term weight management, nor the right relationship with food.

We all have different food preferences, and eating styles. We all have periodic "hiccups" in our day that might cause a detour from a "plan." If using a strict meal plan, we're more likely to throw in the towel when life throws a twist. My goal is to teach you how to stay on track when life gets hard, develop better nutritional knowledge and kitchen confidence, create a healthier mental relationship with food, understand "flexible dieting" (aka not dieting) and give you plenty of tips to succeed on your own without it being overly time consuming or overwhelming.

IS MEDICATION BEING PRESCRIBED? I will discuss medications options for weight loss support during one of our sessions. They can be helpful, and sometimes necessary for long-term weight loss success. If a medication discussed piques your interest, then we can then have an individual appointment to discuss prescribing it. I will also suggest supplements during our sessions that can support your wellness and weight management journey.

IS ORDERING BLOOD WORK INVOLVED? No, but I do encourage updated labs to be completed at some point since abnormalities can hinder your success. They can be ordered by me, or another provider at our clinic.

I HAVE NO WAY OF CONTROLLING THE STRESS IN MY LIFE. WILL THAT PREVENT ME FROM SUCCEEDING? No. I really focus on teaching patients that stress is your own perception and experience of it. It's true that sometimes we can't avoid all of the distress that comes our way, but we can learn to eat better, sleep better, and implement rest or exercise tools- all in a time-efficient manner that will lessen our perception of the stress being loaded on us.

WHAT HAPPENS AFTER THE CLASS SERIES IS DONE? My experience is that a 6 week "crash course" (not to be mistaken with crash diet) provides you plenty of education to build an awesome foundation for making long-lasting health changes. That being said, continued one on one coaching support is certainly encouraged afterwards as those with external accountability partners are more likely to succeed. I'd recommend a regular office visit every 1 to 8 weeks for as long as you need more regular support.

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