

Weight & Wellness Institute Program Introduction



The Weight and Wellness Institute

a program of South County Psychiatry

[Click here: Weight & Wellness website](#)

Objectives & Goals of the program

We offer a full range of services, including lifestyle modification, nutrition counseling, exercise prescription, medical weight loss medication, bariatric surgery consultations, and follow-up and weight maintenance ongoing care.

→ **Coordinated, multidisciplinary approach to treatment:**

Our team consists of medical, behavioral, nutritional, exercise, nurse and medical assistants.

→ **Person-centered treatment plans:**

Addressing the causes of obesity and providing programs suited for all individuals

→ **Offer long-term ongoing support**

Weight loss maintenance also includes an extended program option

Weight & Wellness Team Members

Vincent Pera, MD

Chief



Camille Gregorian, MSW



Theresa Jerominek, MS,
RDN, LDN, CDOE



Jill Sjogren, RN,
BSN



Arianna Centonze,
Exercise Physiologist



Jennifer Barlow, MSN,
FNP-C, CCM



Shari Bronsky,
Clinical Psychologist

What to expect:

1. Medical Evaluation:

- a. This appointment can be done virtually or in-person in our Cranston location
- b. Includes a comprehensive physical examination and lab work
- c. Seeks medical causes of obesity and the presence of other diseases
- d. Provides a baseline assessment of medications
- e. Helps you make an informed decision on which diet protocol may be best suited for you

1. Weight & Lifestyle Evaluation:

- a. This appointment can be done virtually or in-person in our Cranston location
- b. Assesses lifestyle and behavioral issues that be may be affecting weight
- c. Assesses triggers such as stress
- d. Assesses daily habits
- e. Reviews personal goals

Our Dietary Protocols

All Food Diet	Partial Liquid Diet	Full Liquid Diet
<p>This program is an all-solid food diet that aids patients to form healthy eating habits while steadily losing weight. No supplements are used. Behavioral, nutrition, and exercise components are covered on an individual basis</p> <p><u>Average loss:</u> 1 - 2 pounds per week</p> <p>Balanced deficit diet (about 1,200 - 1,500 calories/day)</p>	<p>This program consists of one healthy meal per day, in addition to three or four OptiFast® supplements. Behavioral, nutrition, and exercise components covered on an individual basis</p> <p><u>Average loss:</u> 2 - 3 pounds per week</p> <p>Bi-weekly medical visits with our medical team</p>	<p>To achieve stimulus narrowing, (chewing/eating process) solid food is not consumed in this plan. Behavioral, nutrition, and exercise components are covered on an individual basis. Transition back to solid food under the supervision of our medical team.</p> <p><u>Average loss:</u> 3 - 5 pounds per week</p> <p>Full liquid diet consisting of OptiFast® products. Bi-weekly medical visits with our medical team</p>

What is OptiFast®?

- ❖ High-quality nutritional supplement
- ❖ 100 percent RDI for vitamins and minerals in five servings per day
- ❖ Designed for long-term use and meal replacement
- ❖ Options available for gluten, lactose, dairy and soy sensitivities.
- ❖ Several types of products are available (shakes, bars, soups)
- ❖ *Products are not covered by insurance*



Your Commitment

Daily requirements:

- Drink at least 64 oz. of calorie-free fluids each day
- No more than 16 ounces of caffeinated beverages
- 50 extra calories daily
- No alcohol
 - liver distress, high calorie content, association with food

Meeting with our team:

- Bi-weekly follow up visits with our medical team (or as per treatment plan)
- Rotating weekly follow-ups with nutrition, exercise, and behavioral medicine specialists, one specialist each week
- In-person blood pressure checks and weight measures with staff nurse and medical assistant
- Bi-weekly weight management support groups are offered each month
- Average duration of each treatment plan is approximately 20 weeks and can be extended accordingly

To achieve the best results:

- ★ Importance of attending all appointment rotations throughout the program on an ongoing regular basis
- ★ Scheduling all upcoming appointments well in advance
- ★ Adherence to program protocols and recommendations to ensure you receive excellent nutrition which is the key to healthy weight loss



- ★ Try to follow what our program suggests for you, including nutrition, exercise and behavioral changes, the best of your ability, no more, no less
- ★ Approach your program with the ultimate goal of long term success by creating a lifestyle change that will allow you to maintain your weight loss and improve your health

Program Costs

- ★ The cost of this 20-week program will be dependent on each patient's medical insurance. Medical, nutrition and behavioral visits are billed to insurance when possible. Co-pays may apply.
- ★ A financial overview will be reviewed with our front desk staff members providing a clear explanation of all expenses
- ★ If using a dietary protocol that utilizes Optifast, please note this will be an out of pocket expense. Insurance does not cover the purchase of this product.
- ★ There is an initial out of pocket program fee which covers various costs non covered costs of the 20 week program
- ★ Our exercise physiologist offers ongoing one-on-one exercise assessment and counseling appointments which are covered by the initial out-of-pocket program enrollment fee.
- ★ Our ongoing support group, which occurs twice monthly, is provided at no additional charge

Positive Community Impact

Kindly visit our website & explore our featured news coverage

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