



# PROCESS SUMMARY

## Non-Surgical Weight Loss Program

This information pack provides an overview of the process you will follow while taking part in our non-surgical weight loss program. It is also designed to provide us with all the information we require to support you on your weight loss journey.

### Client Information Profile

This document is included in this information pack. It provides us with contact details, general information about your health, physical abilities and social state. You may not have exact answers to every question but do the best you can.

Please complete the Client Information Profile and return to us one week prior to your initial consultation appointments.

### Blood Tests

If you have had any recent blood tests, please let us know and we can obtain the results. Included in this pack is a blood test request form for Pathlab. You can take this directly to any pathology laboratory in your area.

These blood tests can give us an idea of your current nutritional status and highlight any areas we may need to address.

### Consultations

During these consultations we will perform a comprehensive nutritional and lifestyle assessment. The members of our team that you will meet during your initial consultations are:

Kate Berridge – *Weight Management Specialist / Bariatric Nurse*

Robyn Graves – *Personal Coach and Motivator*

Areas covered:

- Diet and weight history and habits around eating
- Specific challenges regarding lifestyle changes
- Label reading and meal planning, healthy eating out and recipe ideas
- Hormones and physiology of weight loss/weight maintenance and weight gain
- Accountability and motivation
- Challenging unhelpful beliefs, mindfulness and strategies to develop healthier habits and overcome non-hunger related eating
- Role of physical activity
- Overall goals and success habits

## Program Structure

Your package will run for 8 weeks, with an option to continue further appointments outside the structured process as required (*as a fee for service*). A set number of consultations are included in the program with the initial set of appointments followed by one/two weekly coaching sessions.

*Initial Assessments* - 1 hour with Weight Management Specialist

1 hour with Personal Coach

*Follow-up appointments* - Your appointments will continue weekly or fortnightly with both our consultants as per the standard process structure, or according to individual requirements. Each appointment will be 60 minutes in length and appointments will be held via Zoom, Skype and/or where preferred, face-to-face.

In the follow-up part of the program you will have x4 education sessions and x3 coaching sessions within the 8 week time frame. Flow chart below.

## Cost and Payment

The cost of the 8 week program is \$1200.00. You will be required to pay for the package prior to your initial appointments. This can be made through the clinic, or online through [AMS Nutrition](#) (Programs).

Payment is required in full.

## Retreats – Foundations of Healthy Living

All clients are given the option of attending one of the FOHL retreats that are held during each year. The retreat is a 4-day program designed to help you learn how to change the way you think, act, feel and live. Each day of the retreat is packed with activities designed to help you re-focus on your weight loss goals. With expert guidance from our team of specialists and four days to focus on you, we hope you will leave reignited with some practical skills and tools to help to achieve lifelong, successful weight management. Retreats are \$1250.00 per person for the four days. Dates and details of these are on our website [www.fohl.nz](http://www.fohl.nz).

## The PACE Program

At any time, clients can also subscribe to the PACE Program, which along with the FOHL retreat, is specifically designed to deal with the mindset and long-term behaviour changes that are required to ensure weight management long-term. With this program you will experience the same sessions and learnings from the comfort of your home and at your own PACE. It is complementary to the FOHL program, either as an introduction if you are feeling a little anxious about attending, or as revision once you have participated.

*PACE stands for Practising Awareness through self-Compassion and Education.*

Over the 30+ lessons in the PACE Program, you will go on a journey of personal discovery that will help you to become aware of your own blocks and triggers, learn to put yourself first and arm you with the knowledge and tools to be confident to manage long-term weight loss and maintenance. The cost of the PACE program is \$500.00 for life-time subscription or \$350.00 once you have attended an in person FOHL retreat. They can be purchased together for \$1600.00. [www.paceprogram.net](http://www.paceprogram.net)

## Contact Us

Please feel free to contact us with any queries. Our office hours are Monday to Friday, from 8:15am to 5:00pm.

Phone: 07 859 0185

Fax: 07 859 0187

Email: [reception@weightlosssurgery.nz](mailto:reception@weightlosssurgery.nz)

Postal Address: Weight Loss Solutions Hamilton  
36 Grey Street, Hamilton East 3216

## Appointment Structure

Initial consult	<ul style="list-style-type: none"><li>•Weight Management Specialist</li><li>•Personal Coach</li></ul>
Week 1	<ul style="list-style-type: none"><li>•Weight Management Specialist</li></ul>
Week 2	<ul style="list-style-type: none"><li>•Personal Coach</li></ul>
Week 3	<ul style="list-style-type: none"><li>•Weight Management Specialist</li></ul>
Week 5	<ul style="list-style-type: none"><li>•Weight Management Specialist</li></ul>
Week 7	<ul style="list-style-type: none"><li>•Personal Coach</li></ul>
Week 8	<ul style="list-style-type: none"><li>•Weight Management Specialist</li><li>•Personal Coach</li></ul>
Retreat / PACE program	<ul style="list-style-type: none"><li>•We encourage participation at any time throughout the process</li></ul>