

Doctors' Weight Management Program

Sansum Clinic; 51 Hitchcock Way, Santa Barbara CA 93105
Ph: 805-563-6190 Fx: 805-563-6242 email: hmrprogram@sansumclinic.org

Ready to enroll in the program? Work through the following checklists:

- Attend the "Orientation Session Video Conference"
- Call 805-563-6190 and set up a "Follow Up to Orientation" phone appointment.
- Complete the "Health Questionnaire" located in your MyChart – Let us know if you cannot find it.
- Complete your "Follow Up to Orientation" phone appointment – Have your medication list handy.
- Obtain a Medical Referral or written prescription from your Medical Doctor. If you are a Sansum patient, we will be able to access this electronically. If not, have your doctor fax it to our office.
- Ask your doctor to write orders for you to have the blood tests below - according to the diet you've chosen – Decision Free or Healthy Solutions.
- Get Blood Tests & EKG
- Have the results faxed or sent electronically to us

If you are a Sansum patient, and you go to a Sansum lab or any Pacific Diagnostic Lab, we will be able to access the results electronically. If the doctor who writes your orders is not a Sansum doctor, have him/her fax the results to our office.

If you have had these tests done within the last **60 days** prior to starting the diet, this is sufficient.

Decision Free Diet	Healthy Solutions Diet
<ul style="list-style-type: none"><input type="checkbox"/> TSH (Thyroid Test)<input type="checkbox"/> CMP (Comprehensive Metabolic Panel)<input type="checkbox"/> Lipid Panel (Cardiac Panel)<input type="checkbox"/> CBC with Differential (Total blood count) <p><i>Note:</i> These are fasting tests. DO NOT EAT ANYTHING 10 hours prior.</p> <ul style="list-style-type: none"><input type="checkbox"/> Ask your doctor to write orders for an EKG<input type="checkbox"/> Get EKG<input type="checkbox"/> Have it FAXED or sent electronically to US <p>Sansum offers this service at our Cardiology Department. Call for appointment: 317 West Pueblo - Phone: (805) 898-3138 Mon-Thurs 8AM-5PM; Fri 8AM-12PM</p>	<ul style="list-style-type: none"><input type="checkbox"/> Lipid Panel (Cardiac Panel)<input type="checkbox"/> Glucose (Measures the amount of sugar in your blood.) <p><i>Note:</i> These are fasting tests. DO NOT EAT ANYTHING 10 hours prior.</p>

NEXT STEPS:

- Contact our office once you have completed all of the items above. 805-563-6190
When you call us, we will schedule you for the next steps, which include –
 1. Pre-requisite 1-time Foundations class
 2. Weigh-ins, Food Picks ups, Telemed Visits with Doctor and Coach
 3. Weekly Classes

-and-

Get you on your way to losing weight and gaining health!