

Step 1: Consultation

- Review the website www.northshoreweightandmetabolism.com
- Review all Weight Management tabs- ****including the Program Description page**
- Please also review the Services and Pricing tab

****It's important to have a general idea what program suits you prior to meeting Dr. Costello. Mainly, you will want to know how quickly you'd like to lose, and whether you want to use meal replacements. We highly encourage patients to consider **at least starting** with meal replacements- either Plan 1 or Plan 2. This gets the weight loss going and is very encouraging, and gets people off to a great start. Your consultation may be a telehealth or in person meeting.**

Step 2: Labs and EKG/ Medical records

1. If you elect to do Plan 1 or Plan 2, we need a very specific set of labs that are not usually part of routine lab work, as well as an EKG. If you've had an EKG within the last 3 months, we can use that. ****Your EKG *must be reviewed and signed* by a physician. We encourage you to have this at Anna Jaques Hospital where we have an established relationship and the EKGs are read by their on staff cardiologists. **If your EKG has any abnormalities, you may be asked to see a cardiologist to ensure there is nothing needing further evaluation.****
2. At least one office note from your PCP as well as any notes from any specialists will be needed prior to your Med Screen.

Step 3: Medical Screen Follow up with Dr. Costello

1. The Medical Screen Follow-up is either in person or via telehealth (depending whether you saw her in person for the initial Consultation) to review your labs/EKG and go over any questions you may have, as well as what to expect.

Step 4: Order product, schedule initial appointment with Jen

Once you are cleared by Dr. Costello, Danielle will reach out to you with the link to order products, she will order your scale and set up your first appointment with Jen.