

# CareHere!

Before beginning any weight management program you will want to make sure you are healthy and ready for the challenge. On the following page is a checklist for you to complete in order to prepare you for your initial meeting with the dietitian. This program was developed to educate you on how to maintain weight for life and to give you access to a team of experts to help you along this path.

**First step:** You will be asked to complete an HRA through CareHere clinics if you have not in the past 4 months. You will also need to meet either the CareHere provider or your own Healthcare provider to review these results and be cleared to begin an exercise program. Have your provider sign below and once you have completed this start working on the checklist below.

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**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

Dear Provider,

Your patient has decided to enter the weight management program described above. This program will include an exercise component. Each participant is asked to see a healthcare provider prior to beginning this work.

**Signature of Healthcare provider**\_\_\_\_\_

**Date**\_\_\_\_\_

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Date	Steps to a Successful Weight Management Plan
	HRA completed at CareHere clinic within the last 4 months. You are encouraged to attend follow up appointment to review results with healthcare provider.
	Approval to begin exercise program from either CareHere provider or your own healthcare provider. Please have provider sign form on previous page.
	<p>Complete food and exercise logs for two weeks.</p> <p>Resource for food and exercise logs:  <a href="http://www.thedailyplate.com">www.thedailyplate.com</a></p> <p>On this website, you will need to create a username and password to start recording your food intake and exercise. Please send me an email once you have completed your 2 weeks.            You will need to either:</p> <ul style="list-style-type: none"> <li>• Include you username and password in this email so I can access your account and review your logs.</li> <li>• Fax your completed logs to the number below. Make sure that if you fax your logs, you include your name on each page.</li> </ul> <p>Once you complete logs, please contact your CareHere Health Coach by email.</p>
	<p>Establish plan for exercise. Your goal is to add an additional 30 minutes to your current program. (You will document this just like your food)</p> <p><b>**If you are <i>not</i> currently exercising, your goal is to exercise for at least 30 minutes each week for 2 weeks.</b></p> <p><b>**If you <i>are</i> currently exercising, your goal is to add 30 minutes total for the week to your program.</b></p>
	<p>Complete form entitled: Are You Ready to Rev it Up?</p> <p>You must answer each question and sign the disclaimer located at the bottom of the page. Once complete, please fax to your CareHere Health Coach at 615-866-5094.</p>

Once I receive your completed checklist, (HRA, approval to participate in exercise, 2 weeks of food and exercise logs, Are You Ready to Rev it Up? form) I will then refer you to the CareHere dietitian. The CareHere Dietitian will contact you to schedule your first appointment.