

## DR. SANDY VAN



## LIFESTYLE 360 PROGRAM

## COGNITIVE BEHAVIOURAL THERAPY & MEDICALLY SUPERVISED WEIGHT CONTROL

This program is offered by a Family Physician who helps patients achieve their best weight using self-monitoring, dietary assessment, and cognitive strategies to support behavioral change. The schedule entails week to week sessions for the first month, biweekly for up to two months, and monthly for up to one year. Please ensure that the patient is aware of the nature of the program and motivated to participate. More information regarding the program can be found on our website.

Patient Information			
Last Name :	First Name :		D.O.B:
OHIP #:	Cell Phone :		Home Phone :
Address:			
City	Province		Postal Code:
Referring Physician Information			
Referring Physician:			Billing #:
Phone :		Fax :	
Office Address:			
Referral Information			
☐ OHIP Funded Weight Management			
☐ Adults >18 years with a BMI >30 _	BMI		
□Adults >18 years with a BMI between 27 to 30 with 1 Comorbidity - BMI:			
□ Diabetes □ Hypertension	□ Coronary artery diseas		
□ Dyslipidemia □ Chronic Pain	☐ Fatty liver disease	□ PCOS □ Other:	
Allergies:			
Medications:			
Madical Conditions			
Medical Conditions:			
I have asked this patient to review the program details on the website prior to his or her first visit			
Physician Signature:	- <del>-</del>	Date:	
Please provide results of any bloodwork done within the past year			

