



Dr. Saima W. Khan | CCFP IPM ABOM

MD Led Weight Management | Chronic Pain | Family Medicine

MAVIS MEDIX *Exceptional Care Without Exception*

4-780 Burnhamthorpe Rd W. Mississauga ON, L5C 3X3

Phone: 905-277-5454 Fax: 905-277-1818 Email: clinic@mavismedix.com

Mavis Medix MD- Led Weight Management Program Cost for Non-OHIP & Private

Thank you for your interest in our **Private Mavis Medix MD- Led Weight Management**

In 2013 Canadian Medical Association, American Medical Association, WHO and Obesity Canada recognized Obesity as a **chronic progressive disease** that needs a Comprehensive Approach. According to Obesity Canada guidelines (CMAJ Vol. 192, Issue 31, 4 Aug 2020), it is recommended to use structural Behavioural Education, Medical Nutritional Therapy (MNT), Anti-Obesity Medications (AOM) and Patient Education. It took seven years to come up with a guideline on how to treat this chronic medical condition.

Therefore, Mavis Medix, MD-Led program is proud that it follows and incorporates all these aspects under the supervision of Dr. Saima W Khan. Dr. Khan has a focused practice in Interventional Pain Medicine (IPM) and Obesity Medicine and is the Diplomate of the American Board of Obesity Medicine (d ABOM) and has been working with people who have chronic pain and obesity for 5+ years.

A. Program Overview:

1. The initial two sessions by the Physician; (\$350)

- 1.1. **Prior** to the first session: The patient is asked to complete an intake assessment form and is advised to watch a video.
- 1.2. **First session:** Consultation and Information by Physician (reviewing patient medical history, exploring values and previous weight journey, failures and success, reviewing blood results (if provided/available), information about obesity facts, risk factors causing obesity, discussion on the appetite system and “Weight Story”, discussion around medications and behaviour steps).
- 1.3. **After the First session:** An email is sent summarizing information that was shared in the first session and clients are asked to return back for the second session for follow up
- 1.4. **Second session:** Follow-up discussions, Enrollment and Initiating Medication.

2. The next 4 sessions (Sessions 3 to 6) are COMPLIMENTARY;

- 2.1. The sessions revolve around comprehensive management including Medical Nutrition Therapy (MNT) (previously called “Dieting”), Behavioural Support, Physical Activity and General Obesity Education. These sessions will also include managing and titrating medications under the supervision of the Physician.
- 2.2. Between these 3-6 sessions, the patients will weekly discuss their medication titration schedule with the physician either virtually or in person. This step is very important for medication adherence and successful results.

***For General Weight Management Information without
Consultation 60 minutes \$ 150***

Cont....

3. By the end of these 6 sessions, spread over 2-3 months the payment model is as follows:

B. Payment Overview:

1. Pay as you go at the cost of \$ 100 per session
 2. 12 sessions in 6 months at \$ 1000
 3. 24 sessions in 12 months at \$ 1900
- Sessions can be in-person or virtual.
 - Each session is around 20-30 minutes every 2 weeks with the Bariatric Educator (BE), under the supervision of the Physician.
 - The sessions cannot be rolled over or extended beyond the period of 6 or 12 months.
 - Payment is due before the start of the seventh session.
 - Pay 50% upfront and the remaining 50% should be paid halfway through, i.e. after 6 sessions if buying 12 sessions; after 12 sessions if buying 24 sessions.
 - The Behaviour Educators are not Registered Dieticians (RD) or Clinical Psychologists (Clin Psychol), so the sessions are not covered by private insurance, but some patients may have a Health Spending Account (HSA), which might cover the cost of the program (check with the insurance).

C. Complimentary Services:

- Letter of Support from the Physician for HSA (\$50)
- Letter of Support from the Physician to Human Resources or Insurance to support of Anti-Obesity Medications, if they are not covered (\$100)
- Letter of Support from the Physician to Human Resources or Insurance to support OPTIFAST Meal Replacement Therapy (\$100)
- Completion for Insurance for Medication coverage or SPecial Drug Authorization Form (\$40)
- Unlimited Email Correspondence (queries, consultation questions etc.)
- Medications if not covered by Insurance or Government Plan (1-month sample free, cost > \$250)

D. Cost not included in the Program Charge:

- Medication(s) and Supplements
- OPIFAST Meal Replacement Program (See OPTIFAST Brochure for pricing)

E. Refund Policy:

- 50% refund can be claimed only after 2 paid sessions. No refund thereafter.
- Pay as you go sessions are non-refundable.

F. Refund Amount:

- 24 sessions, refund \$600
- 12 sessions, refund \$360
- Pay as you go sessions, no refund

For Consultation & Information Call or Email now

clinic@mavismedix.com 9052775454