



Dr. Saima W. Khan | CCFP IPM ABOM

MD Led Weight Management | Chronic Pain | Family Medicine

MAVIS MEDIX *Exceptional Care Without Exception*

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Mavis Medix MD- Led Weight Management Program Cost for OHIP Patients

Thank you for your interest in our **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: Sessions can be in-person or virtual.

1. The sessions by the Physician are OHIP covered;

- 1.1. **Prior** to the first session: You will be asked to complete an intake assessment form and are advised to watch a video.
- 1.2. **Consultation and Initial Assessment:** Consultation and Information by Physician (reviewing your 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 Consultation:** 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. **Subsequent Sessions with MD:** Any subsequent sessions with MD are all covered by OHIP.

2. Behaviour Educational Sessions: First Four sessions are COMPLIMENTARY; (30 mins)

- 2.1. These 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. These four sessions will be scheduled every 2 weeks, therefore you will have the opportunity to explore the program for 2 months. By the time you will reach the end of the four-session, you will already be at the end of your third month. This will give you an understanding of how the program runs and what you can expect.

3. By the end of these 4 complimentary sessions, spread over 2 months, there are two options:

- 3.1. **Option 1:** Buying the Weight Program in Blocks of 6 or 12 months or per session.
- 3.2. **Option 2:** Not Buying the Program; If you do not wish to take the sessions with the Behavioural Educator and want to continue with the Physician **ONLY (not recommended due to insufficient results)**, you will have weight appointments with the Physician focused on the

medications only. The behaviour, nutrition and physical activity PART will **NOT** be discussed by the physician.

B. Payment: No HST, no rolling over of session or going beyond 6 months or 12 months.

1. Pay as you go at the cost of \$ 85 per session
 2. 12 sessions in 6 months at \$ 720
 3. 24 sessions in 12 months at \$ 1200
- Payment only by cash, cheque or e-transfer: clinic@mavismedix.com. (no debit or credit card options available)
 - Payment is due before the start of the fourth session or;
 - 50 % Installment:
 - after 6 sessions if you buy a 6-6 month plan i.e. 12 sessions.
 - 1st payment of 360 is due before the fifth session, the second payment is due before the seventh session.
 - after 8 sessions if you buy 12 months i.e. 24 sessions.
 - 1st payment of 600 is due before the fifth session, the second payment is due before the ninth session.
 - The Behaviour Educators are not registered dieticians or psychologists, so the sessions are not directly covered under other registered health services, but some health benefits have a Health Spending Account (HSA), which might help you to claim some of the cost of the program (check with your 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)
- Email Correspondence (queries, consultation questions etc.) (only first)
- 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
- OPTIFAST Meal Replacement Program (See OPTIFAST Brochure for pricing)
- Subsequent Email Correspondence (consultations, inquiries etc.) after the first one (mostly used by a patient who travels out of province, as OHIP does not cover that cost) is \$120 for 2 months.

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 if you pay the full amount
- 12 sessions, refund \$360 if you pay the full amount
- Pay as you go sessions, no refund