

# GET STARTED TODAY

Take the first step towards a healthier, happier you by exploring the qualifications necessary for our weight management program. Visit our website to learn more and contact us with any questions.

[weightmanagement.communitycare.com](http://weightmanagement.communitycare.com)



518.881.1091, option 1



1783 Route 9, Suite 101, Clifton Park



## THINGS TO KNOW

### Does our team help with insurance?

If prescribed, our team will find out if the medication required is covered by insurance. If a Prior Authorization is needed our central prior authorization team will assist with this.

### Insurance Coverage for Weight Loss Medications (GLP-1 medications)

GLP-1 medications (glucagon-like peptide 1 agonists) for weight loss include the medications Wegovy®, Saxenda® and Zepbound. Ozempic®, Mounjaro®, Victoza®, and Trulicity® are only approved for the treatment of type 2 diabetes. Some health insurance companies have placed restrictions on these medications to make sure they are used only for treatment of type 2 diabetes. If used for obesity or weight loss, plans can stop paying for or deny this off-label use. Prescribing must be consistent with their FDA-approved indication, type 2 diabetes, and therefore cannot be prescribed "off-label" for weight loss.

If medication management isn't covered by your insurance, you can still benefit from the other features of our program, including clinical guidance, medical nutrition, lifestyle and behavior modification.

### Contact Us

*If your Community Care Physicians' provider referred you to our program, or if you are interested in more information, contact us:  
518.881.1091, option 1.*



## Community Care Weight Management

1783 Route 9, Suite 101  
Clifton Park, NY 12065

**COMMUNITY  
CARE**  
PHYSICIANS



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# A multidisciplinary approach to weight loss

Community Care Weight Management is a program based on science and research. Our multidisciplinary team of clinicians offers personalized support and gives you the tools you need to lose weight and improve your health. We are with you every step of the way. Explore how we can assist you on your journey to better health!

## Our program is unique

Our integrated team consists of different specialists to assist as needed with lifestyle modification and/or medication management.



Board-Certified  
Providers



Behavioral Health  
Consultants



Clinical  
Pharmacists



Registered  
Dietitians



GLP-1  
Medications

## OUR SERVICES

Welcome to our comprehensive weight management program, where science meets compassionate care! Our multidisciplinary team collaborates seamlessly to offer you a holistic approach to weight management. Patients referred to our program receive personalized support tailored to their unique needs. Our team works hand in hand to guide you through lifestyle modifications, incorporating evidence-based practices for sustainable results. When deemed necessary and in adherence to FDA guidelines, our experienced pharmacists and providers may introduce medications as part of your weight management strategy. Embark on your journey to a healthier you with a program that prioritizes your well-being and leverages the expertise of a diverse team. Your path to sustainable weight loss starts here!

### ● Behavioral Health

Behavioral health plays a critical role in weight management by focusing on existing maladaptive habits and strategically working to replace them with adaptive habits in a progressive manner. Everyone is scheduled for an initial assessment with our behavioral health provider to help your provider in your treatment by exploring any behaviors or barriers to your success and then providing you with one-on-one psychoeducation and skill building that will provide interventions to optimize better healthy lifestyle choices that promote weight loss and improve overall quality of life.

### ● Nutrition

Nutrition is the most underrated component of long-term health and wellness. In a world that promotes convenience foods, oversized portions, and limited time for exercise, we help develop new habits to counteract this norm. Adequate nutrition and a well-balanced diet are vital to weight loss. Our Dietitians focus on working with you, your preferences, and your lifestyle to develop recipes, a meal plan, exercise regimen, and lifestyle

changes that can positively impact you and your entire family. We start with the basics of nutrition in a group class or 1-on-1 session to create attainable goals. After that, we build upon these dietary and lifestyle changes, building your confidence in your decision-making and changing your diet one step at a time.

### ● Medications for Weight Loss

Our team will work with each patient and review your medical history, test results, and lifestyle and determine if medication use is appropriate. These medications are not a quick fix; they are used under a provider's supervision and are only for eligible patients who need them to assist in weight loss.

**Medications are not guaranteed and will only be prescribed as clinically indicated and appropriate. Patient's referred to CCP Weight Management must not be taking medications (either prescription or compounded) for weight loss for a minimum of 4 weeks prior to their initial appointment.**