



ABOUT Dr. Pellegrino

Board certified in family medicine and obesity medicine, Dr. Yvette-Marie Pellegrino came to Beaufort Memorial Lady's Island Internal Medicine in 2018 from the Iredell Physician Network in North Carolina. At the Beaufort Memorial practice she directs the Healthy Weight program and works with her patients to prevent, diagnose and treat acute and chronic illnesses.

Dr. Pellegrino, who received her medical degree from the University of Medicine and Dentistry of New Jersey, has been a member of the faculty at the University of North Carolina School of Medicine and Wake Forest Baptist Health.

INSURANCE COVERAGE

For those who are overweight and also have an excess weight- or obesity-related condition, medical health insurance may cover the cost of Healthy Weight.

IS YOUR **weight** AFFECTING YOUR health?



TO LEARN MORE ABOUT HEALTHY WEIGHT:

Call Beaufort Memorial Lady's Island Internal Medicine at **843-522-7240**.

YOU'RE NOT ALONE.

More than two-thirds of all adults in the U.S. struggle with excess weight or obesity and its negative effects on health.

If you are overweight and have tried dieting but had little success, **HEALTHY WEIGHT** may be right for you.



Beaufort Memorial



Beaufort Memorial

Healthy Weight Program



“This is not your typical cookie-cutter weight loss program. We look at your health history, lifestyle and obstacles to losing weight, then develop an individualized plan that makes sense for you.”

—Yvette-Marie Pellegrino, M.D.



WITH HEALTHY WEIGHT YOU CAN EXPECT:

AS PART OF THE 24-WEEK HEALTHY WEIGHT PROGRAM, YOU RECEIVE:

Directed by Dr. Yvette-Marie Pellegrino, a board-certified obesity medicine specialist, the Beaufort Memorial program takes a holistic approach to helping you achieve and maintain a healthy weight and improve your health.

The evidence-based program uses nutrition, exercise, behavior modification and medication (as needed) to address every aspect of the complex disease that is obesity. By treating the whole person, it tilts the scale toward successful outcomes.

- Weight loss of 1-2 pounds per week
- Long-term weight management and health improvements
- Reduced risk of obesity-related conditions such as Type 2 diabetes, high blood pressure, coronary heart disease, stroke, osteoarthritis, sleep apnea and some cancers

- 1-to-2-hour initial visit with Dr. Pellegrino (includes health history review, physical exam and development of weight loss plan)
- Comprehensive individualized weight loss plan (with emphasis on nutrition, exercise, behavior modification and medication as needed)
- 12 additional physician visits to monitor progress and adjust plan as needed
- 7 individual sessions with a registered dietitian (up to 14 for Medicare beneficiaries)
- Guided use of free MyFitnessPal app to monitor nutrition
- Discounted LifeFit Wellness Center package (optional; \$200 additional charge)

YOU MAY BE ELIGIBLE TO PARTICIPATE IN THE PROGRAM IF YOU HAVE:

- Body mass index (BMI) of 25 or greater
- Referral from your physician (for example, if you're scheduled for joint replacement surgery)

