

# Congratulations on Your Decision to Take Control of Your Health and Your Weight!

We have helped thousands of patients discover true health!

Typically, patients come to us to lose weight. What they don't realize is that although they will lose their weight, the most exciting part of the journey is the renewed energy and zest for life they discover.

We have found that most patients have spent years of unhealthy living in order to gain their weight and arrive at the condition they are in when they come to us for help.

Just as it took years of unhealthy living to gain your weight, it will take time to get healthy and arrive at your goal weight. But don't worry, you'll see some quick progress too!

Our goal is to be your lifetime partner in your quest to lose your weight, then maintain your weight and finally remain healthy!

This is a process that is a lot of work...yet EXTREMELY rewarding.

Even though you have signed up for a program with a beginning date and an ending date, that is only for the first phase.

The first phase typically is to get you started on your weight loss journey. During this first phase, there are things you can expect from us and there are things we expect from you.

- Here are the 5 Things You Can Expect from Us:
  1. Detailed program guidelines to help you lose your weight
  2. Supplementation to help with dieter's nervousness and overall success
  3. Weekly visits to make sure you are on track
  4. Weekly phone calls in between visits to make sure you are on track
  5. Access to everyone on our staff that can assist you!
- Here are the 5 Things We Expect From You:
  1. Stick with all the program guidelines
  2. Record everything daily in your binder
  3. Show up for all your appointments
  4. Bring your binder with you to each visit
  5. Refer at least two patients to us every six months. (We have a message to spread!)

This is an exciting process. You will have ups and you may have downs. But we are here for you!

We are now your health partners for life, and we take this role very seriously!

Please communicate all of your concerns and needs to us. Our goal is to help you reach your goals!

## Welcome to our Lighthouse Health Family!

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Patient Signature

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Date

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Staff Signature

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Date