

Intensive Behavioral Therapy (IBT)

for Obesity for
Medicare Recipients



Lakes Regional
Healthcare

An Avera Partner

Losing weight *isn't easy. The Intensive Behavioral Therapy (IBT) for Obesity program at Lakes Regional Healthcare, an Avera Partner, makes it a bit easier.*

With the help of our registered dietitian and certified health coach, you create your own individualized weight-loss approach that takes place over the course of a year. You identify your personal obstacles and address them with new, healthy habits that are determined by you.

You create your own weight-loss success.

What's included in the program?

You receive:

- Up to 22 sessions in one year with a Lakes Regional Healthcare registered dietitian and certified health coach, providing:
 - Lifestyle education
 - Medical monitoring
 - Motivation
 - Delicious, healthy recipes and meal plans
 - Behavior plans based on your individual, personal preferences
- Option of attending group sessions for social support
- Access to Lakes Regional Healthcare's cardiac rehabilitation service for a minimal fee — exercise supervised by registered nurses specially trained in heart health
- Option of using meal replacements for a minimal fee





Do I qualify?

To be eligible for the IBT for Obesity program, you must be a Medicare recipient and have a body mass index (BMI) of 30 or above. This program is offered at no cost to the patient; Medicare coinsurance and Part B deductible are waived for this service. A minimum of 6 pounds must be lost over six months to remain in the program.

What is my BMI?

Take your weight in pounds divided by your height in inches, divided by your height in inches again, and then multiplied by 703.

Example: weight = 200 lbs, height = 5'5" (65")

Calculation: $200 \div 65 \div 65 \times 703 = 33.28$

How do I sign up?

If you are interested in the IBT for Obesity program, talk to your local physician. A physician's referral is necessary for you to participate.

For more information, call 712-336-8785.

About your coach

Beth Samuelson is a Registered Dietitian and Certified Health Coach. She has several years of experience counseling patients for weight management, disease prevention and treatment of health conditions. She enjoys taking complex nutritional information and human behaviors and helping others to apply that knowledge in an achievable, simplistic way.

Beth received her Bachelor of Science degree with Distinction in Dietetics from Iowa State University in Ames. She received her Health Coach Certification from the American Council of Exercise (ACE).





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