



Non-Surgical Medical Weight Loss Program

Program Requirements – BMI 27 or Greater, Age 18-75

Providers

Erica Podolsky, MD, FASMBS | Neya Charles-Nestor, PA-C

Our Program Includes:

- Consultation with review of medical/weight history (Most insurances accepted)
- Anti-obesity medication (AOM) prescription (Subject to insurance approval)
- Prescription for lab-work
- Ongoing appointments to review/counsel regarding:
 - Nutrition plan
 - Physical activity plan
 - Sleep habits
 - Goal setting
 - Weight loss
- Screening for sleep apnea, food addiction, mental health and referrals
- Nutrition education classes taught by a registered dietitian credentialed in obesity and weight management



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