

# Regional Bariatric Care Centre



Thunder Bay Regional  
Health Sciences  
Centre

## MEDICAL PROGRAM

### Frequently Asked Questions

#### How do I know what my treatment will be (meal replacement and/or pharmacotherapy)?

At your medical intake appointment, you will meet with the Nurse Practitioner to review your health history and goals. Together, you will discuss and decide on the treatment option that is best for you, whether that includes meal replacement, medication or both.

#### When can I start the program?

There are no fixed program start dates. Patients can begin the program flexibly at any time throughout the year.

#### How much do the meal replacements cost?

For patients using full meal replacements (four shakes per day), the cost ranges from \$88-100 per week. (Please note costs are subject to change).

If you are receiving support through Ontario Disability Support Program (ODSP) or Ontario Works (OW), you may be eligible to have these programs cover the cost of meal replacements.

#### How much does pharmacotherapy (medication) cost?

The cost of medication can vary depending on your insurance coverage and benefits. We encourage you check with your insurance coverage ahead of time to understand what medications are covered and what your out-of-pocket expenses might be.

#### How long is the program?

The program lasts 12 months. Education sessions are held bi-weekly, and you're encouraged to attend regularly, selecting those that are most meaningful to you. Throughout the program, you'll also have access to one-on-one support from our dietitians, kinesiologist, social worker, nurse, and nurse practitioner.

#### How much weight will I lose?

Weight loss varies for each person and depends on the treatment plan as well as how actively you participate in lifestyle changes. Many people experience meaningful improvements when following their personalized program with support. Your team will work closely with you to set realistic goals and offer support as needed.



## READY FOR A CHANGE?

Talk to your health care provider  
about TBRHSC's Regional  
Bariatric Care Centre today

Learn more about TBRHSC's Regional Bariatric Care Centre by visiting [bit.ly/TBRHSC-RBCC](https://bit.ly/TBRHSC-RBCC) today!