

## Frequently Asked Questions

### What is the name of the weight management program at Children's Hospital Colorado?

Lifestyle Medicine is the comprehensive, multidisciplinary weight management program at Children's Colorado.

The program focuses on Lifestyle Interventions for successful body mass index or weight change, as well as improvement of weight-related health conditions.

### What are the referral criteria for the Lifestyle Medicine Program?

Specialists within our program will evaluate children who are overweight or obese. We also see children with normal weight who also have elevated cholesterol, hypertension, or type 2 diabetes.

We work with children of all ages who have a BMI greater than 95th percentile or are rapidly gaining weight.

### How long does a family wait for their first visit?

A family can make their first appointment in our program in one to four weeks. The first visit for most families is an orientation to the program. The orientation is intended to provide an overview of how the program works, as well as review the elements of the program offered at the Anschutz Campus. The following patients do NOT attend an orientation:

- Children age 6 years and under
- Families who live greater than 60 miles from the Anschutz Medical Campus or South Campus
- Patients who have an urgent medical condition

### Who are the members of the Lifestyle Medicine Team?

Patients will be seen by different members of the team depending on the needs of the patient and the location of service. Members of the multidisciplinary team include:

- Pediatricians specializing in childhood obesity, nutrition, endocrinology, cardiology, gastroenterology, and sleep
- Nurse practitioners and physicians' assistant
- Registered dietitians
- Exercise physiologists
- Pediatric psychologists
- Pediatric nurses

### Where is the Lifestyle Medicine Program?

The comprehensive program (all groups and all providers, as well as the exercise program) is located at the Anschutz Medical Campus in Aurora. In addition, we offer medical evaluation, nutrition assessments, and ongoing follow-up at these Network of Care Locations:

North	South
West	Colorado Springs



For more information or to schedule an appointment with Lifestyle Medicine  
please call 720-777-2691 | [childrenscolorado.org](http://childrenscolorado.org)

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## Does insurance cover visits in the Lifestyle Medicine Program?

Yes. It is encouraged for families to check the following codes with their insurance plans:

- Nutrition CPT code 97802, 97803, 97804
- Health and behavior CPT code 96150/96151
- Diagnosis code (obesity): 278.00/278.01/278.02

Medicaid and CHP+ cover our visits.

## Do I need to do labs before a patient comes to the Lifestyle Medicine Program?

You do not need to perform labs prior to the appointment; however, it can be helpful. Please see referral guidelines for lab recommendations on our website:

[www.childrenscolorado.org/departments/weight/referral-guidelines](http://www.childrenscolorado.org/departments/weight/referral-guidelines)

## What is the expectation of the PCP after a patient attends the program?

Most patients visit with the dietitian monthly and with the Medical Provider two to four times per year. Some of the families choose to participate in groups and exercise classes.

The PCP will get a letter from each provider after each visit. This letter will provide a summary of the family's progress in the program as well as a plan for goals, labs, and visits.

The PCP practice should utilize this plan to review goals with the family at interim visits and to reinforce treatment messages.

There may be medical conditions identified at the medical evaluation visit requiring additional management by the PCP (i.e., ongoing asthma treatment, enuresis, or depression). These will be communicated in the letter to the PCP as well.

The PCP will also receive a letter if a patient fails to attend a visit.

## Specialist Referrals

Some children will have labs or health conditions that need medication treatment, although it's not common. Within the Lifestyle Medicine Program, we have specialty clinics for these children (listed below). These health conditions will continue to be treated with Lifestyle Interventions, such as diet and exercise.

- High blood pressure
- Type 2 Diabetes
- Non-alcoholic fatty liver disease
- Very high cholesterol
- Sleep problems
- Irregular menses

Some patients may also be referred for weight loss surgery.

