



**YOUR JOURNEY
TO SUCCESS**

EAT WELL • FEEL WELL • LIVE WELL

KEY POINTS

Appetite Suppressants

Decrease appetite, raise metabolism, stop cravings.

Vitamin Injections

Metabolize fats in the liver and increase energy.

Hormone Replacement Therapy

Address hormone imbalance to fight fatigue, weight, and other concerns

Nutritional Aides

Multivitamins, Probiotics, Vitamin D, Fish Oil and CBD Oil.

Change How You Eat

Eat breakfast within one hour after waking, eat lunch, and eat dinner, plus two to three protein-rich snacks between meals. Focus on eating every 2-3 hours.

Change What You Eat

Eat foods high in protein and low carbohydrates. Lessen your sugar intake, limit caffeine, focus on eating good carbs and good fats.

Change What You Do

Get moving for 30-45 minutes 3-4 times per week.

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APPETITE SUPPRESSANTS

PHENTERMINE

- The usual adult dose is one tablet (37.5mg) daily. However, some patients take half of a tablet (18.75mg). The maximum daily dose is 37.5mg.

TENUATE (DIETHYLPROPION)

- The usual adult dose is one tablet (75mg) daily. However, some adults take half of a tablet (37.5mg) twice a day.

Notes for Phentermine and Tenuate

Take your tablet as directed by your provider. See below for tips on adjusting the timing of your medication.

Do not take any other medication (s), including over-the-counter or herbal medications, without consulting your physician.

Side Effects

You may experience one or more of the following:

Increased heart rate	Dry Mouth
Difficulty sleeping	Irritability
Headache	Nausea
Increased blood pressure	Diarrhea
Constipation	

Remember, your provider has prescribed this medication because he or she has judged that the benefit to you is greater than the risk of the side effects. Some people using this medication do not encounter serious side effects.

Blood Pressure

It is important to monitor your blood pressure and heart rate at least every four weeks. If you are monitoring your blood pressure at home, keep a log of your measurements and bring the results to your following appointment with your physician. Report an increase in your blood pressure to your physician immediately. If you will not be monitoring your blood pressure at home, make arrangements with your physician to have it monitored at the office regularly.

When To Take Your Medication

Phentermine, Tenuate (Diethylpropion) and Bontril (Phendimetrazine) last 10 to 12 hours. Therefore, take your dose at a time that will give you the greatest effect at your peak hunger times, and will allow you to sleep. You may find it more effective to take ½ a dose early in the day and the other ½ a dose later in the day.

SKINNY INJECTIONS & HRT

Vitamin B/Lipotropic Injections::

Skinny Injection (B12 & Lipotropic Amino Acids)

Our “Skinny” vitamin B12 lipotropic injections are used non-invasively to help patients achieve generalized weight loss. Also known as “fat burner” injections, they are administered every 5-7 days.

- B12 enhances fat metabolism, assists with blood flow and provides energy to the body. Many medical conditions, illnesses, surgeries, substance dependence and normal aging can lead to a B12 deficiency.
- The lipotropic is a combination of amino acids that are effectively used in metabolizing and breaking down fat in the liver.

Why get an injection instead of taking an oral supplement?

- Vitamin B12 absorption by the gut is less effective than a shot into muscle.
- It’s also your accountability factor – coming in weekly for your injection keeps you on track with your weight loss goals!

Hormone Replacement Therapy

Our hormone replacement therapy uses medications and bioidentical hormones to balance and restore the body's natural level of hormones, which tend to decline as individuals grow older. This can address weight, body fat, and energy levels in addition to low sex drive, mood irregularities, focus and cognitive function, and insomnia.

Please note that these options are not a complete substitute for proper diet and exercise. These injections are made to assist you and enhance your weight loss results. For maximum results, they must be used in combination with a proper diet and exercise.

VITAMINS & MINERALS

Because we are concerned about your health during weight loss, we offer a variety of supplements to keep you healthy and make weight-loss easier. The following supplements are not a requirement; however, we do encourage you to use them. Daily use of vitamins and supplements will help keep you healthy during your weight loss journey.

Multi-Vitamin

When on a weight-loss journey and when using an appetite suppressant, the number of calories an individual consumes is often reduced. This means there is less opportunity for your body to get all the nutrients it needs. We encourage you to take a multi-vitamin to help the cells in your body get everything they need to keep your metabolism moving and your energy up!

Probiotics

Appetite suppressants can be “drying” or cause dry mouth and constipation. Thankfully, this means you will drink plenty of water, but sometimes the digestive system needs a bit more help. Probiotics are bacteria that live in our “gut” or intestines and help us digest food and get more nutrients. When they do this, they can make people more regular and improve the immune system. Thanks to the poor American diet and antibiotics, people often lack a healthy amount of gut bacteria. Luckily, you can take probiotics in a supplement form to help replenish the good bacteria and get your digestive system moving more regularly.

Vitamin D

Vitamin D is necessary for healthy bones and teeth. Increased levels can also promote weight loss. Vitamin D is a preventative and regressive cancer vitamin and promotes calcium absorption. Many Americans are deficient in Vitamin D making it a critical supplement. And individuals near or in menopause need even more of this vitamin to prevent aggressive bone loss.

Fish Oil

Fish oil is an amazing source of Omega 3 Fatty Acids. These fats help maintain brain function, reduce joint inflammation, improve cardiovascular health, and keep eyes healthy. Plus, thermogenesis (the rate at which you burn calories) is increased when your body is provided with the right amount of fatty acids, thus increasing weight loss. Omega-3s are also under-consumed in the American diet and should be supplemented.

CBD Oil

CBD is a non-psychoactive cannabinoid found in hemp. It is used for its therapeutic properties which have been said to help with chronic pain, joint pain, anxiety, sleep, acne, Alzheimer's and more. It is suggested to take 1-6 mg per 10 pounds of body weight per day.

STEPS TO WEIGHT LOSS SUCCESS

- 1. Eat REAL food**
We do not recommend meal replacements and suggest avoiding pre-made, canned, and packaged items. Shop for whole foods. As a guide, you need 1-2 servings of fruit before 3pm, every day, 2-3 servings of vegetables, and quality protein with every meal and snack!
- 2. Shop on the outer perimeter of the grocery store**
Fruits, vegetables, the deli, fresh meats, etc. are all around the outer wall of the grocery store. Shopping there prevents you from being tempted by the salt and sugar packed chips and cookies found in the aisles.
- 3. Plan your meals in advance**
Knowing what you are going to eat and having portions prepared for each day will help you stay on track and prevents you from choosing unhealthy options. Make time to plan for the week, go to the store with a list, and cut/portion/prepare snacks and meals for the week as soon as you have time.
- 4. Increase your water intake**
For general health, most people need at least half of their body weight in ounces of water per day. To help with weight loss, you can increase the amount.
- 5. Always eat: breakfast, lunch, dinner and snacks in between meals**
Eating breakfast gets your metabolism going first thing in the morning! From there, set a schedule to eat every 2-3 hours. This helps to keep your metabolism working all day and to burn more fat efficiently and stabilize blood sugar levels. Set an alarm to remind yourself to eat until you get used to a set schedule.
- 6. High protein and low carbohydrate meals**
Protein keeps you fuller longer than carbohydrates and does not cause spikes in blood sugar or crashes in energy.
- 7. Eat quality proteins**
Examples include chicken breast, turkey breast, salmon, white fish, low-fat cottage cheese, Greek yogurt, and eggs. See page 10 for more suggestions.
- 8. Eat nutrient dense carbohydrates**
Examples include fruit, whole grains, quinoa, brown rice, and sweet potatoes. See page 8 for more suggestions. Also, try to eat your carbs in the early part of the day ("carb free after 3").
- 9. Stay away from fried foods, sugary drinks, and limit caffeine**
These types of items will sabotage your progress! And, caffeine should not be consumed within two hours of taking your appetite suppressant.
- 10. Get adequate sleep**
Aim for 8 hours of sleep per day. Sleeping allows your body to reset itself. Sleep also helps your body metabolize food, manage stress, and give you energy to get moving!
- 11. Exercise at least 3-4 times a week; 30-45 minutes**
Walk, run, bike, do yoga; anything to get you moving! See page 11 for more suggestions.

READING LABELS / PORTION SIZES

Nutrition Facts	
Organic Edamame	
Serving Size: 1 cup (128.8g)	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 8g	3%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 9g	
Vitamin A	25%
Vitamin C	20%
Calcium	6%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.

- Pay attention to serving sizes! Stick to one serving at a time!
- Aim for less than 3 grams of total fat. *unless it is a good fat – see page 9
- A food low in saturated fat has <1g.
- AVOID trans fat – 0g is ideal.
- A food low in cholesterol has <20mg.
- A food low in sodium has <140mg.
- The lower you can keep carbs, the better. *unless the carbs are from fiber
- 25-30g of fiber is needed per day, so fuel up on items with fiber!
- Keep sugar under 10g per food item.
- The higher the protein, the better! Try to aim for 10g or more.

The Secret to Serving Size is in Your Hand:

With out-of-control portion sizes it may be hard to keep track of how much you should have each day. Now you can easily visualize portion sizes thanks to this “handy” guide.



A fist or cupped hand = 1 cup = 1 ½ - 2 servings of fruit juice, 1 oz. of cold cereal, 2 oz. of cooked cereal, rice, or pasta, 8 oz. of milk or yoghurt.



Palm = 3 oz. meat. Choose lean poultry, fish, shellfish or beef. One palm size portion equals 3 oz. for an adult and 1 ½ - 2 oz. for a child under 5 years old.



A thumb = 1 oz. of cheese. Consuming low-fat cheese helps you meet the required servings from the milk, yoghurt and cheese group. 1½ oz. of low-fat cheese counts as 8 oz. of milk or yoghurt.



Thumb tip = 1 teaspoon. Keep high-fat foods such as peanut butter or mayonnaise to a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. 3 teaspoons equals 1 tablespoon.



Handful = 1 – 2 oz. of snack food. Snacking can add up! Remember, 1 handful equals 1 oz. of nuts or small candies and 2 handfuls equals 1 oz. of chips or pretzels.



1 tennis ball = ½ cup of fruit and vegetables. Healthy diets include a variety of colorful fruits and vegetables every day!

GOOD VS. BAD: CARBS

GOOD CARBS

Vegetables
Fruits
Quinoa
Brown Rice
Oats
Whole Grain Bread
Whole Grain Pasta
Legumes
Nuts / Seeds

BAD CARBS

White Bread
White Pasta
Sugar / Sugar Substitutes
Sugary Beverages
Soda / Sweet Tea
Fruit Juices
Chips / Crackers
Cookies / Cakes
Candy

"Good carbs" or complex carbohydrates are full of fiber and nutrients, and help stabilize blood sugar levels!

"Bad carbs" or simple carbohydrates have no nutritional value, no fiber, and can raise blood sugar levels!



GOOD VS. BAD: FATS

GOOD FATS

Avocado
Salmon
Tuna
Herring
Nut / Seeds
Nutbutters
Olive Oil / Olives

BAD FATS

Fried Foods
Ice Cream
Pastries
Fast Food
Canola Oil
Margarine
Packaged Snacks

*"Good fats" include unsaturated fats, polyunsaturated fats (Omega-3), and monounsaturated fats. These can help **lower** cholesterol and **reduce** the risk of heart disease!*

"Bad fats" include saturated fats and trans fats. These fats can clog arteries, increase cholesterol and increase the risk of heart disease!



ALL ABOUT PROTEIN

Why Do We Stress Protein?

Protein does the body all kinds of good! Here are just a few reasons why you need more protein in your diet.

- 1. Protein makes you feel fuller longer.**
Because it takes longer to digest, you stay fuller for longer.
- 2. Protein helps with weight loss and maintenance.**
Protein reduces fat tissue while helping build lean muscle. Muscle burns more calories at rest which will help with weight loss and maintenance.
- 3. Protein helps with muscle recovery.**
If you are working out now, you may get sore. Protein will help with that and help your muscles grow. And remember, muscle burns more calories at rest!
- 4. Protein improves cardiovascular health**
Protein improves blood vessel function and helps reduce blood pressure.

Protein Snacks

- 1 TBSP nut butter
- ½ cup cottage cheese
- 3 slices low sodium turkey & 1 slice low-fat cheese roll ups
- 3 slices low sodium turkey & 1 cup veggies
- 1 baby bell cheese & handful of nuts
- 1 protein shake
- 1 handful of nuts
- 1 serving low sodium turkey jerky
- 1 serving Greek yogurt, preferably without fruit
- 1 hardboiled egg
- 1 hardboiled egg with ¼ avocado
- 1 protein bar
- 2 TBPS hummus & 1 cup veggies
- 1 100-calorie pack of edamame
- 1 lite string cheese
- 1 serving low sodium pumpkin seeds
- 1 can tuna fish with 1 TBSP mayo or mustard
- ½ cup chicken salad with 1 TBSP mayo or ¼ avocado
- 1-2 hardboiled egg salad with 1 TBSP mayo or ¼ avocado
- ¼ cup of low-sodium black beans with 1 TBSP salsa and sprinkle of low-fat cheese
- ¼ cup roasted chickpeas
- 2 TBSP black bean hummus & 1 cup veggies
- 1 cup low sodium turkey or chicken chili with beans and veggies
- 2 guacamole deviled eggs (without the yolk)
- 2-3 lentil and turkey meatballs
- 1 cup lentil and veggie soup

EXERCISE

Exercise of all kinds improves cardiovascular health, burns calories, builds strength, gives us energy, and improves mood.

Cardio Exercise

Walking
Jogging
Climbing Stairs
Riding a Bike
Elliptical Trainer
Treadmill
Swimming
Jumping Rope

Strength Training

Bodyweight Exercises

(Pushups, dips, pull-ups, chin-ups, squats, lunges, toe raises)

Dumbbell Exercises

Barbell Exercises

Free Moving Cables

Yoga/Pilates

Core Strengthening Exercises

(Crunches, sit-ups, v-ups, oblique crunches, planks)

Remember – muscle burns more calories at rest than fat, so do not be afraid to use weights!



DINING OUT GUIDE

Tips to Remember When Dining Out

Drink Water with Lemon

Get a "to go" box when ordering

(there is always enough for 2 meals)

Stay away from "Fried" or "Smothered" foods

Look for "Grilled" or "Baked" foods

Order dressing on the side

Always HOLD the bread!

Limit Chinese and Mexican...

(too much salt)

Most importantly remember this is to help you reach your weight loss goal! Sacrifice for a short span of time will benefit you in the long run!

Chick-Fil-A®

- Grilled Chicken Sandwich
 - Grilled Nuggets
 - Grilled Chicken Salad
 - Side Salad or Fruit
- (avoid fries, creamy sauces and mayo!)*

Zaxby's®

- Grilled Chicken Salad, Lite Dressing, hold the Texas Toast and fried onions
- Stay away from the fried chicken, wings, and French Fries!

McDonalds®

- Egg White Delight
- Stay away from specialty drinks & yogurt
- Ranch Snack Wrap
- Any premium salad
- Grilled Chicken Club Sandwich, hold the mayo and the cheese
- Side options: apples or side salad

Gas Stations

- Hard Boiled Eggs
- Beef / Turkey Jerky
- Greek Yogurt
- Tuna Packets
- Fruit & Nuts
- Peanut Butter

Subway®

- Choose a wrap or flat bread instead of bread, mustard not mayo, no cheese and double the meat.
- Proteins to choose are egg whites, chicken, turkey or ham
- Choose apples instead of chips

Wendy's®

- Grilled Chicken Wrap
- Asian Cashew Salad
- Small chili
- Southwest Avocado Salad
- Side Salad or Fruit

Cheddar's®

- Best Appetizer: Edamame
- Grilled Chicken Pecan Salad (hold the cheese, it's not low fat)
- Lemon Pepper Chicken
- Grilled Salmon (lunch portion)
- 8oz. Sirloin without onion straws
- Best sides to choose: Steamed Broccoli and Green Beans



Panera®

- 1/2 smoked turkey breast on artisan whole grain loaf plus low fat garden veggie with pesto soup
- Power Mediterranean chicken salad (no bacon)

Chili's®

- Grilled Chicken Salad, Sweet & Spicy Chicken, 6 oz Classic Sirloin,
- Lighter Choice: Grilled Salmon, Sante Fe Chicken Wrap, Margarita Grilled Chicken, Grilled Chicken Sandwich

Outback®

- Grilled Chicken, Grilled Shrimp or Ahi Tuna
- Sirloin or New York Strip (steamed broccoli, green beans, and mixed veggies are good side choices)
- NO butter or sauces on the side
- Don't order the Bloomin' Onion or Cheesy Fries!!

Starbucks®

- Sugar free drinks or "Skinny" versions of drinks
- Turkey bacon egg white sandwich
- Protein Boxes
- Black Coffee (with splash of half & half)

Applebee's®

- Anything on the Weight Watchers Menu

Olive Garden®

- Herb Grilled Salmon
- Stay away from pasta

OTHER NOTES:

Don't forget to enhance your weight loss by getting your weekly B12/Lipotropic Injection! If you are not currently getting these energy boosting injections you can start TODAY! You will see the difference within a day or two, and they help with inch loss. Remember that caffeinated drinks will decrease the effectiveness of Phentermine. Additionally, the selection of protein bars, drinks and chips at Beach Medical Weight Loss are a perfect and convenient snack that will also help boost your metabolism!



IMPORTANT: THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Beach Medical Weight Loss is required by law to protect certain aspects of your health care information known as Protected Health Information or PHI and to provide you with this Notice of Privacy Practices. This Notice describes our privacy practices, your legal rights, and lets you know how Medical Weight Loss is permitted to "use and disclose PHI about you" How you can access and copy that information "How you may request amendment of that information" How you may request restrictions on our use and disclosure of your PHI. In most situations we may use this information described in this Notice without your permission, but there are some situations where we may use it only after we obtain your written authorization, if we are required by law to do so. We respect your privacy, and treat all health care information about our patients with care under strict policies of confidentiality that all of our staff are committed to following at all times.

PLEASE READ THE FOLLOWING DETAILED NOTICE. IF YOU HAVE ANY QUESTIONS ABOUT IT, PLEASE CONTACT WEIGHTLOSS STAFF, AND SOMEONE WILL CONTACT YOU.

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY. Purpose of this Notice: This Notice describes your legal rights, advises you of our privacy practices, and lets you know how Medical Weight Loss is permitted to use and disclose Protected Health Information (PHI) about you. Uses and Disclosures of PHI: Medical Weight Loss may use PHI for the purposes of treatment, payment, and health care operations, in most cases without your written permission. Examples of our use of your PHI: For treatment. This includes such things as verbal and written information that we obtain about you and use pertaining to your medical condition and treatment provided to you by us and other medical personnel (including doctors and nurses who give orders to allow us to provide treatment to you). It also includes information we give to other health care personnel to whom we transfer your care and treatment, and includes transfer of PHI via radio or telephone to the hospital or dispatch center as well as providing the hospital with a copy of the written record we create in the course of providing you with treatment and transport. For payment. This includes any activities we must undertake in order to get reimbursed for the services we provide to you, including such things as organizing your PHI and submitting bills to insurance companies (either directly or through a third party billing company), management of billed claims for services rendered, medical necessity determinations and reviews, utilization review, and collection of outstanding accounts. For health care operations. This includes quality assurance activities, licensing, and training programs to ensure that our personnel meet our standards of care and follow established policies and procedures, obtaining legal and financial services, conducting business planning, processing grievances and complaints, creating reports that do not individually identify you for data collection purposes. Use and Disclosure of PHI Without Your Authorization. Medical Weight Loss is permitted to use PHI without your written authorization, or opportunity to object in certain situations, including:

- * For Medical Weight Loss's use in treating you or in obtaining payment for services provided to you or in other health care operations;
- * For the treatment activities of another health care provider;
- * To another health care provider or entity for the payment activities of the provider or entity that receives the information (such as your hospital or insurance company);
- * To another health care provider (such as the hospital to which you are transported or First Responder Agencies) for the health care operations activities of the covered entity that receives the information as long as the covered entity receiving the information has or has had a relationship with you and the PHI pertains to that relationship;
- * For health care fraud and abuse detection or for activities related to compliance with the law;
- * To a family member, other relative, or close personal friend or other individual involved in your care if we obtain your verbal agreement to do so or if we give you an opportunity to object to such a disclosure and you do not raise an objection. We may also disclose health information to your family, relatives, or friends if we infer from the circumstances that you would not object. For example, we may assume you agree to our disclosure of your personal health information to your spouse when your spouse has called the ambulance for you. In situations where you are not capable of objecting (because you are not present or due to your incapacity or medical emergency), we may, in our professional judgment, determine that a disclosure to your family member, relative, or friend is in your best interest. In that situation, we will disclose only health information relevant to that person's involvement in your care. For example, we may inform the person who accompanied you in the ambulance that you have certain symptoms and we may give that person an update on your vital signs and treatment that is being administered by our ambulance crew;
- * To a public health authority in certain situations (such as reporting a birth, death or disease as required by law, as part of a public health investigation, to report child or adult abuse or neglect or domestic violence, to report adverse events such as product defects, or to notify a person about exposure to a possible communicable disease as required by law);
- * For health oversight activities including audits or government investigations, inspections, disciplinary proceedings, and other administrative or judicial actions undertaken by the government (or their contractors) by law to oversee the health care system;
- * For judicial and administrative proceedings as required by a court or administrative order, or in some cases in response to a subpoena or other legal process;
- * For law enforcement activities in limited situations, such as when there is a warrant for the request, or when the information is needed to locate a suspect or stop a crime;
- * For military, national defense and security and other special government functions;
- * To avert a serious threat to the health and safety of a person or the public at large;
- * For workers' compensation purposes, and in compliance with workers' compensation laws;
- * To coroners, medical examiners, and funeral directors for identifying a deceased person, determining cause of death, or carrying on their duties as authorized by law;
- * If you are an organ donor, we may release health information to organizations that handle organ procurement or organ, eye or tissue transplantation or to an organ donation bank, as necessary to facilitate organ donation and transplantation;
- * For research projects, but this will be subject to strict oversight and approvals and health information will be released only when there is a minimal risk to your privacy and adequate safeguards are in place in accordance with the law;

"We may use or disclose health information about you in a way that does not personally identify you or reveal who you are. Any other use or disclosure of PHI, other than those listed above will only be made with your written authorization, (the authorization must specifically identify the information we seek to use or disclose, as well as when and how we seek to use or disclose it). You may revoke your authorization at any time, in writing, except to the extent that we have already used or disclosed medical information based upon that authorization. Patient Rights: As a patient, you have a number of rights with respect to the protection of your PHI, including: The right to access, copy or inspect your PHI. This means you may come to our offices and inspect and copy most of the medical information about you that we maintain. We normally provide you with access to this information within 30 days of your request. We may also charge you a fee for you to copy any medical information that you have the right to access. In limited circumstances, we may deny you access to your medical information, and you may appeal certain types of denials. We have forms available for you to request access to your PHI. We will provide a written response if we deny you access and let you know your appeal rights. If you wish to inspect and copy your medical information, us to amend written medical information that we may have about you. If errors are found, we will generally amend your information within 60 days of your request and will notify you when we have amended the information. We are permitted by law to deny your request to amend your medical information, but only in certain circumstances. For example, if we believe the information is correct and no errors exist, your request will be denied. If you wish to request that we amend the medical information that we have about you, you should contact in writing the privacy officer listed at the end of this notice. The right to request an accounting of our use and disclosure of your PHI. You may request an accounting from us of certain disclosures of your medical information that we have made in the last six years prior to the date of your request. We are not required to give you an accounting of information we have used or disclosed for purposes of treatment, payment or health care operations, or when we share your health information with our business associates, such as our billing company or a medical facility from/to which we have transported you. We are also not required to give you an accounting of our uses of protected health information for which you have already given us written authorization. If you wish to request an accounting of the medical information about you that we have used or disclosed that is not exempted from the accounting requirement, you should contact the privacy officer listed at the end of this notice. The right to request that we restrict the uses and disclosures of your PHI. You have the right to request that we restrict how we use and disclose your medical information that we have about you for treatment, payment or health care operations, or to restrict the information that is provided to family, friends and other individuals involved in your health care. However, if you request a restriction and the information you asked us to restrict is needed to provide you with emergency treatment, then we may use the PHI or disclose the PHI to a health care provider to provide you with emergency treatment. Medical Weight Loss is not required to agree to any restrictions you request, but any restrictions agreed to by Medical Weight Loss are binding on Medical Weight Loss. Internet, Electronic Mail, and the Right to Obtain Copy of Paper Notice on Request. If we maintain a web site, we will prominently post a copy of this Notice on our web site and make the Notice available electronically through the web site. If you allow us, we will forward you this Notice by electronic mail instead of on paper and you may always request a paper copy of the Notice. c Revisions to the Notice: Medical Weight Loss reserves the right to change the terms of this notice at any time, and the changes will be effective immediately and will apply to all protected health information that we maintain. Any material changes to the Notice will be promptly posted in our facilities and posted to our web site, if we maintain one. You can get a copy of the latest version of this Notice by contacting the Privacy Officer identified below. Your legal rights and complaints: You also have the right to complain to us, or the Secretary of the United States Department of Health and Human Services if you believe your privacy rights have been violated. You will not be retaliated against in any way for filing a complaint it with us or to the government. Should you have any questions, comments, or complaints you may direct all inquiries to the privacy officer listed at the end of this notice. Individuals will not be retaliated against for filing a complaint.

If you have any questions or wish to file a complaint or exercise any rights listed in this notice, please contact:
 Beach Medical Weight Loss
 1243 Savannah Highway, Ste A Charleston, SC 29407
 Ph: 843.225.3501

NOTES



A large rectangular area with a black border, containing horizontal lines for writing. A large, faint, pink and white watermark of the 'Beach Medical' logo is centered in the background of this area.

To all Beach Medical Weight Loss Patients ...

Thank you for choosing us to help you live a healthier lifestyle. We realize this decision may not have been an easy one. We will always be sensitive to you and your needs and we are committed to helping you achieve your goals in a healthy and safe manner.

Beach Medical Weight Loss always maintains patient privacy. So, you can rest assured you are in good hands.

With weekly weigh-ins and monthly follow-up appointments we become involved in your journey! We feel the best way for us to help is to be in this together! We are here for you and our goal for each person on our plan is to be healthy for life!



Current Locations

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