

CARDIAC RISK FACTOR REDUCTION PROGRAM



Patient is seen by Physician for consult (OV, EKG)

Patient is seen by Dietitian for 1 hour Nutrition Consult

Follow-up with Dietitian every 3 months for Nutrition counseling only. (30 minute sessions)
**Monitor any abnormal labs*

Week 1
Measure ht, wt, BP, % fat, waist circumference

Week 2
Exercise & Nutrition only

Week 3
Exercise & Nutrition

Week 4
Exercise & Nutrition

Week 5
Exercise & Nutrition

Week 6
Measure ht, wt, BP, % fat, waist circumference

Week 7
Exercise & Nutrition

Week 8
Exercise & Nutrition

Week 9
Exercise & Nutrition

Week 10
Exercise & Nutrition

Week 11
Exercise & Nutrition

Follow-up in 3 months with Dietitian
30 minute session
(billed as Extended Office Visit)

Week 12
Measure ht, wt, BP, % fat, waist circumference