



BEYOND THE SCALE @ F.Y.I.

Welcome to the FYI Weight Reduction Program “Beyond The Scale.”

We prioritize your health and well-being through a personalized approach. Each client embarks on their weight loss journey by meeting with our board certified emergency medicine and integrative functional medicine physician.

Karen Stavile M.D., will provide clients with a medical body composition analysis to understand their unique needs and goals. We also recommend that clients attend weekly meetings, where we provide consistent support and guidance to help with staying on track.

(This is essential in order to maintain weight loss and allow our team to monitor overall health.)

Beyond The Scale offers both non-medical and medical interventions.

Beyond The Scale Program Overview

Step ONE:

Initial Consultation

- All clients begin with a personal intake meeting to discuss individual weight loss goals and overall health objectives.

Step TWO:

Comprehensive Medical Workup

- A full medical evaluation ensures we understand each client's unique health profile, identifying any underlying conditions and determining the safest and most effective weight management strategy.

Step THREE:

Body Composition Analysis

- Our body composition analysis provides a detailed assessment of body fat percentage, muscle mass, and other key metrics to track progress throughout the program.

Step FOUR:

Medically Assisted Weight Loss (Optional)

Clients can choose to enhance their weight loss efforts with medically-assisted options such as:

- *Tirzepatide* for Diabetes and Weight Management
- *Semaglutide* for Weight Management

Step FIVE:

Diet and Nutrition Education

- Clients receive personalized education on effective dieting and nutrition, designed to fit their lifestyle and weight loss goals.

Step SIX:

Nutritional Supplementation

- Based on individual dietary needs, our medical director may recommend the addition of nutritional supplements, vitamins, and probiotics to support overall health and weight loss.

Step SEVEN:

Weekly Check-ins

- To ensure accountability and progress, all clients are required to participate in weekly check-ins with our medical director, where adjustments to the plan are made as needed.

Step EIGHT:

Tracking Progress**

- Clients are asked to maintain a detailed food diary through our integrated fitness app, allowing both the client and our team to monitor progress and make adjustments in real-time.

This approach ensures every client receives the guidance, support, and personalized care necessary to achieve long-lasting weight loss results