



Hello and Welcome to BodyBarMD:

We are so thankful that you have chosen to start your health journey with us today! The staff and medical providers are here to help you every step of the way.

This is a lifestyle and functional medicine practice that specializes in weight loss, optimal hormone balance, facial aesthetics, body contouring, integrative medicine, and regenerative therapies. We have engaged in specialized training to provide you with a personalized approach to the care you deserve. We treat both men and women and teenagers.

I received my initial board certification in Internal Medicine in 2003, and my board certification in Obesity Medicine in 2013. I opened this practice in June 2014, focusing only on medical weight loss. Since that time, it has naturally progressed into a comprehensive wellness practice. I have been fortunate to train with highly respected physicians in multiple specialties all over the US, and I am honored to bring that experience to every patient here at BodyBarMD. I look forward to sharing that information with you as we get to know each other over the next couple of years.

We will start with an initial consultation to evaluate your entire medical history, and the symptoms you are experiencing, and will discuss your health and wellness goals. We then use this information to formulate your personalized treatment plan with us.

We will need to get a comprehensive lab panel (cardio-metabolic, thyroid, and hormones) as well. You may either get them drawn at your lab of choice using your insurance (payment and charges are per insurance), or we can draw them at our office for a very reasonable fee.

After your first visit, we will schedule you for your follow-up visits. During follow-ups, we discuss your progress, review labs and medications, and determine the next steps or treatment changes. We always schedule a follow-up appointment to review any new labs or medication changes. This is part of what we call shared decision-making to ensure you are satisfied with your journey and making healthy, appropriate progress. We believe it is part of a more personalized approach to your health.

We provide many other aesthetic and wellness treatments that we want you to enjoy. Please see the enclosed list of services and treatments and feel free to ask any questions! Please visit our website for more information on our services, our personnel, and our social media links.

Thank you again for allowing us to take part in your health journey. We are excited to start working with you!

To your health,

Dr. Christy