

nch.org

About NCH

Serving Chicago's northwest suburbs since 1959, Northwest Community Healthcare (NCH) is a comprehensive, patient-centered system of care that serves more than 350,000 outpatients each year and more than 20,000 inpatients treated annually at the 489-bed acute care hospital in Arlington Heights. The award-winning hospital holds the prestigious Magnet designation for nursing excellence, is designated as a Primary Stroke Center, and earned the Joint Commission's Gold Seal of Approval in 2015. NCH has four Immediate Care locations in the northwest suburbs. NCH has a medical staff of more than 1,000 physicians, which includes the board-certified primary care doctors and specialists of the NCH Medical Group.

Comprehensive Weight Management Program

1410 N. Arlington Heights Road
Suite 200
Arlington Heights, IL 60004

847-618-1640

nch.org/weightmanagement

Your journey to
a healthier life
starts here.



Never alone

The Northwest Community Healthcare (NCH) Comprehensive Weight Management Program combines physician-supervised medical care with nutrition, behavior and activity education for adults age 18 and above. Our compassionate multi-disciplinary team is your partner in developing a personalized care plan to help you achieve and maintain a healthier weight.

Is the program for you?

Body Mass Index (BMI) is a simple measurement calculated from your height and weight. Although it is a useful way to estimate excess weight, it does not measure excess body fat. Our programs benefit those with a BMI of 30 or more. In addition, we care for those with a BMI of less than 30 and a weight-related health condition such as diabetes.

First visit

An NCH physician specializing in weight loss treatment meets with you to discuss your overall health, weight history, and past efforts to get to a healthier weight and perform a physical exam. In addition to increased physical activity and greater awareness of eating habits, treatment options include:

- Very low calorie meal replacement diet
- Low calorie diet meal replacement diet
- Medication
- Surgery

Healthier living

Our Healthy Habits for Life program helps educate and inspire patients to create sustainable lifestyle change. Interactive group visits consist of sessions with a physician or nurse practitioner,

nutrition educator, behavioral health or professional exercise physiologist.

One-to-one and group visits provide support to help you succeed. We start with:

- Assess behaviors, diet and nutrition
- Create and review a personalized weight management program
- Provide a supervised exercise referral
- Schedule multiple follow-up visits to measure your progress

Cost

The cost to participate varies depending upon the services offered. Contact your insurance carrier for information about your coverage, co-pays and out-of-pocket expenses.



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Refer a Patient Today

To refer a patient, call **847-618-1640** or visit nch.org/weightmanagement.

The NCH Comprehensive Weight Management Program is led by Monika Cohen, M.D. She is board-certified in both Obesity Medicine and Internal Medicine.

Dr. Cohen believes that through using a team approach patients can achieve weight loss, and most importantly, reach their ultimate goal of greater sense of health and of well-being.

Dr. Cohen graduated Cum Laude from Cornell University, and with Honors from University of Illinois College of Medicine, Chicago, and completed her residency at Advocate Lutheran General Hospital.