

## WEIGHT MANAGEMENT REFERRAL GUIDELINES

### Lab Work

Preferred labs to be completed no more than 3 months prior to the Weight Management consultation:

- Fasting blood sugar
- Liver function tests
- Lipid panel
- HgbA1c
- TSH

### Medications

If the patient is on obesogenic medication, consider tapering or alternative treatment options that are less obesogenic.

Consider a trial of an anti-obesity medication.

### Recommendations

Refer patients to the WMC once the primary care provider has worked with the patient with lifestyle changes, switching or tapering off obesogenic medications, if possible, and a trial of an anti-obesity medication. [REF2127]

Provider Decision Support  
09/14/2021 Dr. Toth

