



Dear Patient,

Thank you for scheduling your appointment with Ogden Clinic Medical Weight Loss. We are excited to work with you as you work toward better health! As a reminder, your appointment with PROVIDER is on DAY OF WEEK AND DATE at TIME at LOCATION.

In preparation for your upcoming appointment, we've created this email to share key information for you. In this email we review the following:

- New patient paperwork – **make sure to fill it out before your appointment!**
- The ReeVue metabolic rate test – a test you complete in your first visit.
- New Patient Video – watch it before your appointment.
- Bloodwork
- Our locations – we have four locations.
- What to bring the day of your appointment.
- A request to make sure you cancel your appointment with plenty of notice.

**Please review IT ALL** to ensure you understand it in full. You may be tempted to not read this, but please don't do that! There are **some assignments you need to complete** before your appointment.

#### New Patient Paperwork

First, **you will need to fill out our new patient paperwork**. (Link found [here](#).) Be forewarned that it is quite lengthy—we encourage you to print it out ahead of time and fill it out BEFORE coming to your appointment. It typically takes our patients 45 minutes to fill out this paperwork, so please plan accordingly.

The information you share in this questionnaire is very important for our providers—it provides them with a comprehensive review of your personal and family medical history. This helps our providers develop an appropriate treatment plan. As every patient is unique, the more we know of your medical history, family history and dietary habits, the better we can treat you as an individual.

*(This paperwork is so important, in fact, that we will likely ask you to reschedule if you arrive to your appointment without it filled out.)*

#### ReeVue Metabolic Rate Test

Second, as part of your first appointment the provider will ask you to complete the ReeVue Metabolic Rate Test. A test that examines your metabolic rate via oxygen and nitrogen levels in your breath. In preparation for this test, please review the following information:

- Arrive fasting with nothing to eat at least four hours prior to the test. This includes no gum/mints.
  - You can brush your teeth and you can drink water.
- On the day of the test, avoid stimulants such as cold medications or caffeine (i.e., coffee, tea, caffeinated soda, or energy drink).
- Prescription medications should be taken according to schedule.
- Do not exercise the day of your test.
- As every insurance plan is different, we are not familiar with how your insurance will cover this procedure. **It is your responsibility** to check with your insurance regarding coverage with this procedure. (CPT code: 94690)

*Please arrive 15 minutes early for your appointment time in order to have time to complete the ReeVue Metabolic Rate Test.*

#### New Patient Video



Before your appointment, please [watch this 7-minute video](#). It will help you better understand the approach our providers will take to help you achieve better metabolic health.

#### Fasting Bloodwork

- Dr. Rigby, Sheryl and Jonathan will often order lab work (a lot!) that requires a minimum of 12 hours of fasting (nothing but water) prior to the blood draw. If your appointment time allows, please arrive fasting for the bloodwork. However, if your appointment is later in the day, you can plan on coming back another day to do the bloodwork in the morning if you prefer. We will discuss options with you when you come to your appointment.

#### Locations

Our providers see patients at four different locations. They are listed below (if you click on the clinic name it will open Google Maps for that location). Make sure you go to the right place.

- [Ogden Clinic Antelope Drive Clinic](#). 1916 N 700 W, #250, **Layton**, UT 84041 (Dr. Rigby and Jonathan)
- [McKay Dee Hospital, Ogden Clinic Women's Center](#). 4403 Harrison Blvd., Suite 4650, **Ogden**, UT 84403. (Sheryl)
  - Parking at McKay Dee Hospital is challenging at best. Please know that McKay Dee Hospital offers a FREE valet service for all patients. It is located at the northwest corner of the hospital.
- [Ogden Clinic Mountain View](#). 1100 W 2700 N, **Pleasant View**, UT 84414 (Jonathan)
- [Ogden Clinic Bountiful](#). 1560 S. Renaissance Towne Drive, Suite 210, **Bountiful**, UT 84010 (Dr. Rigby)

#### The Day of Your Appointment

Bring the following to your appointment:

- Arrive 15 minutes early to complete the metabolic ReeVue test.
- New patient paperwork FILLED OUT (Click [here](#) for the paperwork)
- Insurance card
- Photo ID
- Insurance copay

#### Rescheduling or Cancelling Your Appointment

We believe your time is valuable and we will do our best to stay on time, however please plan on your initial visit taking between 1-2 hours.

We kindly ask that if you can't make it to one of your scheduled appointments **please call at least 48 hours in advance**. We have a long wait list of patients who would like to be seen and we try to schedule these patients if spots open up. Please feel free to call our clinic with any questions or concerns at 801-397-6160.

We look forward to meeting with you and helping you on your journey to optimal metabolic health. Please don't hesitate to reach out to us if you have any questions.

And...don't forget to fill out the new patient paperwork before coming to your appointment! (Link found [here](#).)

Thank you and we look forward to seeing you.

Rohn Rigby, MD | Sheryl Bingham, FNP | Jonathan Wilson, FNP



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