

# The Duke Healthy Lifestyles Program

Duke Children's Primary Care  
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Dear \_\_\_\_\_,

Welcome to the Healthy Lifestyles Program! Whether you were referred by your physician or you found us on your own, we are so glad you've made the first step towards living a healthier, more active, longer life. We're all looking forward to meeting you and your family on your first scheduled appointment:

## What to expect:

The Healthy Lifestyles Program is a comprehensive approach to evaluating reasons for excessive weight gain, treating the associated medical problems, and providing intensive lifestyle modification. You will have six monthly sessions in the clinic with our team, followed by maintenance sessions every 6-12 months afterward. Each family's team will be individually chosen at the first screening visit. In addition to a medical provider, dietician and program coordinator you may also meet regularly with a physical therapist, a behavioral psychologist, or a family support services coordinator. At each visit you will be able to choose a "Fit Kit" that will help you and your family meet **your** health goals. We offer clinic appointments five days a week, and all visits are billable to insurance (note: co-payments may vary according to plan).

At each visit, we will weigh measure and check vital signs on the patient. **We request that one parent also be weighed and measured at each visit.** The reason for this is to show the child that they have a partner in health, and that each family member is committing to making healthier choices. We will also ask to take a picture of the child with a parent (which will remain in the chart) to mark the start of your healthier lifestyle.

## Labs: (*Glucose, ALT, AST, Lipid Panel, Insulin level, TSH and Urine Microalbumin*)

Fasting labs are required prior to your first appointment. This will better enable the team to assess your current health and enable us to establish an effective plan that will help you and your family accomplish your goals! Unfortunately if labs are not completed prior to your first visit we will have to cancel your appointment and reschedule to a later date. Labs can be obtained through your primary care provider's office, local hospital lab, or one of the Duke Pediatric clinics. Results should be faxed to 919-471-6930 Attn: Kim Yancey

## Your commitment:

As this is a very intensive program, if you feel you cannot make the commitment to attend all six sessions with the medical provider and at least four sessions with the dietician, this may not be the right time for your family to enroll. If you need to cancel an appointment, please call our appointment coordinators at 919-620-5356 within 24-48 hours to reschedule. After two missed appointments with insufficient notice we will ask you to consider the program at a later time.

Please complete the following paperwork and bring with you to your first appointment. Congratulations on your decision! It is often the most important first step, and we look forward to beginning your journey alongside you and your family.

Sincerely,  
The Healthy Lifestyles Team  
(919) 620-5356