

Patient Agreement

Fresh Start Rx+ Program

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Thank you for choosing Fresh Start Rx+, a medically supervised weight management program designed to support long-term health through weight optimization. This program integrates personalized guidance, ongoing monitoring, and FDA-approved medications to help you achieve your health goals safely.

Treatment & Participation

By enrolling, I agree to the following:

- I understand that all medications are prescribed at the discretion of my physician to be medically appropriate.
- I agree to do my best to follow my prescribed treatment plan, including medications, nutrition, and lifestyle recommendations.
- I will communicate any side effects, concerns, or changes in my medication to my physician and the Fresh Start team.
- I understand that consistent follow-up and communication are necessary to safely manage my care.

Medical Oversight & Care Team

I understand that much of my ongoing support may be provided by the Fresh Start team, which may include:

- Monitoring my weight-loss progress
- Providing general guidance on lifestyle habits
- Coordinating prescription requests and refills
- Escalating medical concerns to my physician when appropriate

Medication & Refill Policy

I understand that:

- Medication adjustments will not be made without appropriate clinical review.
- Prescriptions for Medications will be sent to your preferred pharmacy.
- Refill approvals depend on compliance with Follow-ups and portal Check-ins.

Third-Party Programs

The Fresh Start program may refer patients to third-party services, including dietitian or nutrition programs. Participation in these programs is optional and not included in the subscription fee. Although we will guide you toward insurance coverage, these services are independent and may have separate costs and policies.

Appointments & Follow-Up

- I understand that physician visits are required at least every 6 months.
- Patients are expected to follow the prescribed treatment plan, respond to program communications, and promptly report any side effects or concerns related to their medications.
- Ongoing participation in the program requires engagement with periodic portal check-ins.

Failure to maintain required follow-up may result in pause or termination of program participation.

Billing & Subscription Terms

The Fresh Start Rx+ program is billed on a monthly subscription basis.

I understand that:

- The monthly fee does not include medications, labs, or physician visit charges

Cancellation Policy

I may cancel the program at any time by notifying the Fresh Start team before the 1st day of the month during business hours (Monday–Friday, 9:00 a.m.–5:00 p.m.).

- If cancellation is requested on or after the 1st of the month, I will be billed for that month.

Re-Enrollment Policy

- If I cancel the program, I understand that I may not re-enroll without being seen in the office again by my physician. Re-enrollment is not guaranteed and may require a new clinical evaluation
- If I cancel immediately after receiving extended medication refills, I may be ineligible for future program participation at the discretion of the practice.

By signing below, I confirm that I have read and understand the terms of this agreement, including the program billing, cancellation, and re-enrollment terms above. I agree to participate in the weight management program and commit to following the recommended treatment plan. I acknowledge that results will vary and that my success depends on adherence to medical guidance and lifestyle changes.

Print Name: _____

Signature: _____

Date: _____