

0079C-Mike O'Callaghan Military Medical Center

4700 North Las Vegas Blvd
Building 1300
Nellis AFB, NV 89191-

Patient Name: Willis, Jason Eric

MRN: 10306132000001

FIN: 174730822

DOB/Age/Sex: 7/1/1973 52 years Male

Date of Service: 10/6/2025

Provider: PAR,GRACE L,MD

Office and Clinic Notes

Document Type:

Primary Care Note

Service Date/Time:

10/6/2025 07:36 PDT

Result Status:

Auth (Verified)

Perform Information:

PAR,GRACE L,MD (10/12/2025 21:34 PDT)

Sign Information:

PAR,GRACE L,MD (10/12/2025 21:34 PDT)

Assessment/Plan

1. Body mass index [BMI] 36.0-36.9, adult

51 Years-old Male presents for weight management follow-up.

Initial weight: 118 kg and BMI of 38.82 (Nov 2024)

Current weight: 102.5 kg/226 lb (previously 112 kg in Feb 2025)

Current medication: Wegovy 1 mg weekly, well-tolerated without significant side effects.

Pt has noticed his weight has been stagnant over the last 3-4 months but continues to achieve 10k+ steps daily, exercises 5 times weekly.

Plan:

- Increase to Wegovy 1.7 mg weekly
- Reinforce lifestyle modifications, including a healthy diet and regular exercise
- Follow up in 1 month (in person)
- Alternate between face-to-face and virtual visits monthly
- No gap refills if appointments are missed

Patient has been advised to call 911 or visit the nearest emergency room/urgent care for any urgent or emergent concerns. For other inquiries, they can call 702-653-2273 and leave a message with the clinic. Patient may also use MHS Genesis at <https://patientportal.mhsgenesis.health.mil/> to message the PCM team.

Grace L. Par, MD, Capt, USAF, MC.

Staff physician, Family Health Clinic

Mike O'Callaghan Medical Center/ 99th Medical Group

Nellis AFB, NV

AUDIO TELEHEALTH ENCOUNTER: The patient's appointment today was either considered suitable for telehealth or scheduled at the patient's request. Telehealth helps minimize infection exposure, especially for high-risk patients, and improves access to care. While a physical exam was not necessary for this consultation, medical decision-making may be limited, and an in-person follow-up may be required at the provider's discretion. The patient (or guardian) has been informed of the benefits and limitations of virtual care, understands their right to in-person care, and verbally consents to proceed with telehealth. The patient's name and date of birth were verified, and medication reconciliation was performed.

Total time spent discussing and reviewing the patient's medical records, lab results, and documentation: 10 minutes.

Billing is based on both the time spent and the complexity of the patient's concerns.

Problem List/Past Medical History

Ongoing

- Anxiety
- Benign paroxysmal positional vertigo
- Body mass index [BMI] 36.0-36.9, adult
- Chronic sinusitis
- Elevated cholesterol/high density lipoprotein ratio
- First degree atrioventricular block
- GAD - Generalized anxiety disorder
- Globus sensation
- Hemochromatosis
- Herpes zoster
- HLD - Hyperlipidemia
- Hypogonadism
- Incomplete right bundle branch block
- Low back pain
- Nasal septal perforation
- Obesity
- Obstructive sleep apnea syndrome
- Prediabetes
- Prehypertension

Historical

No qualifying data

Procedure/Surgical History

- Colonoscopy with Biopsy (No Laterality) (02/24/2023)
- Nasal Sinus Surgery (2019)
- Left shoulder surgery
- Open heart surgery
- WTE

In-Office Medications and/or Immunizations

No qualifying data available.

Medications

Allegra 180 mg oral tablet, 180 mg= 1 tab(s),
Oral, Daily, PRN, 3 refills

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History of Present Illness

Virtual follow-up for Wegovy. Patient recently returned from a cruise but still reports a 5-8 pounds weight loss over the past month. Tolerating medication well and requests a dose increase. No other question/concern.

Review of Systems

No fever, chills, chest pain, shortness of breath, abdominal pain, or urinary symptoms. No recent weight changes. Denies fatigue or weakness.

Pain

No qualifying data available.

Physical Exam

Patient exhibited a normal speech with no audible respiratory distress. A physical exam was not performed due to the virtual nature of the visit. The patient understands the limitations of telehealth and has the option for an in-person evaluation if needed.

CeleXA 20 mg oral tablet, 20 mg= 1 tab(s), Oral, Daily, 3 refills

Fish Oil 1000 mg oral capsule, 1000 mg= 1 cap(s), Oral, BID, 3 refills

Flonase 50 mcg/inh nasal spray, 50 mcg, Nostril-Both, BID, 5 refills

isopropyl alcohol 70% topical pad, See Instructions

ketoconazole 2% topical cream, 1 appl(s), Topical, Daily

Lidoderm 5% topical film, 1 patch(es), Topical, Daily, 3 refills

meloxicam 15 mg oral tablet, 15 mg= 1 tab(s), Oral, Daily

MiraLax oral powder for reconstitution, See Instructions, 5 refills

needle 18g 1.5in, 1 EA, N/A, Daily, 3 refills

needle 22g 1.5in safety, See Instructions, 3 refills

NeilMed Sinus Rinse Kit nasal powder for reconstitution, See Instructions, PRN, 3 refills

omeprazole 40 mg oral delayed release capsule, 40 mg= 1 cap(s), Oral, Daily, 3 refills

semaglutide (Wegovy) 1 mg/0.5 mL (1 mg dose) inj-pen, 1 mg, SubCutaneous, every week

semaglutide (Wegovy) 1.7 mg/0.75 mL (1.7 mg dose) inj-pen, 1.7 mg, SubCutaneous, every week

semaglutide (Wegovy) 1.7 mg/0.75 mL (1.7 mg dose) inj-pen, 1.7 mg, SubCutaneous, every week

syringe 2.5mL - 3 mL/ndl 25 g 5/8 in safety, 1 EA, N/A, As Directed, 3 refills

syringe w/needle 3ml 23g 1in safety, See Instructions, 3 refills

testosterone cypionate 200 mg/mL intramuscular solution, 200 mg, IntraMuscular, every 2 wk

Viagra 50 mg oral tablet, 50 mg= 1 tab(s), Oral, As Directed, 3 refills

Vitamin D2 1.25 mg (50,000 intl units) oral capsule, 1.25 mg, Oral, every week, Pt to pick up Vit D supplement from the Nellis pharmacy at the hospital

Wellbutrin 75 mg oral tablet, 75 mg= 1 tab(s), Oral, Daily, 3 refills

Allergies

No Known Medication Allergies

Social History

Alcohol

Exercise

Self assessment: Good condition. Minutes per day: 45. Days per week: 3-4 times/week.

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Exercise type: Walking, Weight lifting.,
04/28/2025

Nutrition/Health

Type of diet: No restrictions., 04/28/2025

Tobacco

Exposure to Secondhand Smoke: No. Never
- cigarette user Cigarette use:., 07/15/2021

Family History

Colon cancer: Maternal Grandmother - FH.

Diabetes: Maternal Grandmother - FH.

Recommendations

Health Maintenance

Pending (in the next year)

OverDue

Adult - Military Sexual Trauma Screening
due 10/30/07 One-time only

Adult - Alcohol Use Screening
due 03/03/25 and every 1 years

Due

Adult - Domestic Violence/Relationship
Safety Screening due 10/12/25 Unknown
Frequency

Adult - Food Insecurity Screening
due 10/12/25 Unknown Frequency

Adult - Sexual Orientation
due 10/12/25 Unknown Frequency

Adult - Tobacco Use Screening
due 10/12/25 Unknown Frequency

Adult - VA Homelessness Screening
due 10/12/25 Unknown Frequency

Adult - VA PTSD Screening
due 10/12/25 Unknown Frequency

Adult - VA Post Deployment: Embedded
Fragment Screening due 10/12/25 One-time
only

Adult - VA Post Deployment: TBI
Screening due 10/12/25 One-time only

Adult - VA Toxic Exposure Screening
due 10/12/25 Unknown Frequency

Due In Future

Adult - Diabetes Screening not due
until 08/26/26 and every 366 days

Adult - Depression Screening not due
until 09/03/26 and every 1 years

Adult - VA Suicide Risk Screening not
due until 09/03/26 and every 1 years

Adult - Body Mass Index not due
until 10/06/26 and every 366 days

Satisfied (in the past 1 year)

Satisfied

Adult - Body Mass Index

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on 09/04/25. Satisfied by HELTON, JOSEPH
T

Adult - Depression Screening

on 09/04/25. Satisfied by HELTON, JOSEPH
T

Adult - VA Suicide Risk Screening

on 09/04/25. Satisfied by HELTON, JOSEPH
T

Care Pathways This Visit

No Results Found

Electronically signed on: 10/12/2025 21:34 PDT

GRACE L PAR
MD