

Date: 06/16/2024

Client:

Gender:

everlywell

Age:

DOB:

Provider:

BG - Weight Management Encounter

Date of Service: Jun 5 2024

Time of Service: 1:31 PM

- 1. Visit Charting + Prescription Note

WM Visit Type

Note Type

- Initial Visit (visit_type_1)

Sync/Async Visit

- Sync (sync_visit)

Patient Consent (Sync)

I obtained consent and agreement for this video encounter from the patient/co-participant.

If applicable, name of CMA on this visit (if no CMA present, put N/A):

na

Visit Modality

- Video

What state is the patient located in at time of visit?

CA

Weight Management SOAP Note

Name of Patient

Date of Birth

Gender

Male

Physical Location of Patient

- Home

Height

5 ft 7.0 in

Weight

218 lbs

BMI

34.1

Any known allergies? (Medication, Environmental, or Food)

- No

Is patient currently taking any medications (prescription or over-the-counter)

- Yes

List any medications you are taking

true mvi

Subjective

Chief Complaint

i want to lose weight

History of Present Illness (HPI)

Initial Visit

- The patient would like to start on ozempic medication.
- The patient has tried none medications in the past for weight loss.
- Goal weight: 190
- Last labs completed: over a year
- Local pharmacy: cvs zip

Review of Systems (ROS)

CONSTITUTIONAL: Denies fever and chills

RES: Denies SOB and cough

CV: Denies palpitations and CP

GI: Denies abdominal pain, nausea, vomiting and diarrhea

GU: Denies dysuria and urinary frequency

Medical History

Past Medical History

Denies PMHX: Medullary thyroid cancer, Multiple endocrine neoplasia type 2, Abnormal heart rhythm, Anorexia, Asthma, Anxiety, Bulimia, Cancer, Crohn's Disease, Depression, Glaucoma, Heart Attack, High Blood Pressure, High Cholesterol, Hyperthyroidism, Irritable Bowel Syndrome, Kidney Disease, Liver disease, Pancreatitis, Seizures, Stroke, Ulcerative colitis, bowel obstruction or impaction

Surgical History:

Denies any surgical history including bariatric surgery.

Family History:

Denies family history of: Medullary thyroid cancer, multiple endocrine neoplasia type 2

Social History:

Denies drug and alcohol misuse. none

Objective

Vital Signs and Physical Exam

Vital Signs:

nr

Physical Exam:

constitutional: patient is in no apparent distress

head: Normocephalic, atraumatic

neck: supple, full range of motion

respiratory: normal respiratory rate and pattern with no distress

Does the patient have labs uploaded?

- No

Reason Patient has no labs:

- Patient has not completed labs

How many months of medication has the patient received before this consult?

- 0

Assessment & Plan - Initial Visit

Medication Prescribed

- At this time, the patient is eligible for a GLP-1 based on the following
 - BMI of: over 30
- Will prescribe medication recorded below. Will also prescribe PRN ondansetron (no contraindications) for nausea/vomiting.
- Patient will get labs done ASAP (must be done within 60 days) and understands that we cannot increase dose until they are completed and reviewed.
- F/U in __2-3__ weeks:

Are labs needing to be ordered for the patient?

- Yes (cma_order_labs) (order_labs)

Labs will be ordered through:

- General Lab Req (general_lab_req)

Please complete the additional charting note based on your selection asap:

- General Lab Referral Form

After completing this additional charting note, the CMAs will upload the file to the patients documents section so that the patient can take the form to their lab.

Was medication ordered in this consult?

- Yes - Branded Medication (branded)

Prescribing Reminder

Prescribing and Medication Info Section
<p>You are prescribing medication for this consult.</p> <p>If Branded medication is prescribed, please do so in Photon (or Dosespot).</p> <p>If Compound medication is prescribed, please do so using the Compound Prescription section below.</p>

What BRAND GLP-1 medication was prescribed?

- Ozempic

Are you ordering Ondansetron?

- **Yes to local pharmacy *Provider to order via Photon or Dosespot* (Ond_local_no_action_needed)**

Diagnosis - Detail

Hello,

It was a pleasure meeting you today. Please see your patient plan below.

PF - Patient Plan & Dosing Instructions - Ozempic

Hello,

It was a pleasure meeting you today. Based on my review of your intake and medical information, I agree you would benefit from weight loss treatment. Taking GLP-1 medication while taking steps toward maintaining a healthy diet and lifestyle can help you achieve your target weight.

Please review the following information related to your medication prescription after your telehealth visit. This information is intended to serve as a general guide for what to expect, but the timelines provided may differ slightly based on circumstance.

If you are moving through the prior authorization process for a branded GLP-1 medication, it may take up to 10 business days for your provider's team to receive notification on the approval.

- In the meantime, you should complete the ordered laboratory testing. If your prior authorization is initially denied, the lab results can be provided to support a second approval request.

If your branded GLP-1 prior authorization was approved, your provider will attempt to have your selected pharmacy fill your prescription. You should receive notification from your pharmacy when the prescription is ready and how to receive it.

- If you receive notification from your selected pharmacy that the prescription is not in stock, you may search to see if the prescription is in stock with alternate pharmacies near you or within your pharmacy network. Please reach out to contact@everlywell.com for assistance.

If your branded GLP-1 brand prescription is not available in stock through a pharmacy search, you have the option to consider a compounded GLP-1 option or alternative medications.

- Please let us know if you would like to discuss this option further by contacting patientsupport@openloophealth.com.

If your branded GLP-1 prior authorization was denied, a second request will be submitted with your lab results if completed.

- If your prior authorization is denied after a second request, you have the option to consider a compounded GLP-1 medication or alternate medications.

Please let us know if you would like to discuss this option further by contacting patientsupport@openloophealth.com.

Please review the following information carefully to ensure you understand your treatment plan.

PLEASE FOLLOW YOUR INDIVIDUALLY PRESCRIBED MEDICATION DOSING SCHEDULE AS WRITTEN ON YOUR PRESCRIPTION.

Medication:

Typically, Ozempic is dosed on a titration as indicated.

Starting dose of 0.25 mg injected subcutaneously once a week for four weeks.

0.5 mg injected every week for four weeks.

1 mg injected every week for four weeks.

You may go up to 2mg dose if needed but only if your provider prescribes this dose.

YOUR INDIVIDUAL DOSING MAY VARY FROM THIS. NOT ALL PATIENTS WILL INCREASE MONTHLY AS THIS IS BASED ON CLINICAL ASSESSMENT BY YOUR PROVIDER AND YOUR TOLERANCE TO THE MEDICATION AND PROGRESS YOU MAKE.

Your provider will determine if you will titrate to the next dose based on side effects, tolerance of the medication, weight loss to date.

If you miss more than 2 weeks of a GLP-1 medication, we will reinitiate the dosing schedule back to level 1 to reduce the chance of GI side effects.

Please watch this easy-to-follow video that illustrates how you can administer Ozempic:

<https://www.youtube.com/watch?v=wXjQHAXopzk>

Lab Results:

We will ask for your recent lab results that were completed within the last 12 months. If you have not already had them done prior to starting our program, we will send you a lab requisition form to complete the four labs we require. The labs we require are a CBC (Complete Blood Count), CMP (Complete Metabolic Panel), TSH (Thyroid Stimulating Hormone), A1C, and Lipid Panel. Please have this labwork completed prior to your second refill if this has not been done already.

For Females:

We recommend switching to a non-oral contraceptive method or adding a barrier method of contraception for four weeks after initiation and for four weeks after each dose escalation.

Follow-up:

We will follow up with you the first couple months to see how you are doing with your medication. At that point you will generally stay on that dose until you achieve your desired weight, however we may prescribe a higher dosage if medically necessary. Please note that in clinical studies the average Ozempic user lost 13lbs of their body weight over 40 weeks, in addition to a 7% reduction of A1C levels by week 30.

Please note that your prescription will be dispensed as a 30-day supply with 2 refills once you hit a steady state.

Your follow up cadence will then switch from monthly to quarterly. If at any time during the 3 months you experience side effects or are unable to tolerate the maintenance dose, please schedule an appointment as soon as possible with your weight management clinician to discuss.

RISKS:

There are reports that GLP-1s could contribute to gastroparesis (stomach paralysis), but the extent to whether this is a cause of this condition or whether it just worsens it (for example, in diabetics) is yet to be fully determined.

Medicines like Ozempic have caused thyroid tumors in lab mice. It is not yet known if Ozempic will cause thyroid tumors or medullary thyroid carcinoma (MTC) in people. No studies have confirmed a linkage between Ozempic and thyroid tumors in humans, but if you have a history of family thyroid cancer you may want to discuss taking Ozempic with your primary care doctor.

BENEFITS:

14.9% weight loss in the first 40 weeks of treatment during clinical trials, for an average weight loss of 13lbs after 40 weeks. Your weight loss can be higher if you exercise and reduce your caloric intake while on Ozempic. Users of Semaglutides like Ozempic have experienced a weight loss of 35lb after remaining on treatment for 52 weeks, with weight loss sustained after 68 weeks. In addition, users of Ozempic have experienced a 7% reduction in A1C levels.

WHO SHOULD NOT TAKE OZEMPIC?

Patients to whom the following apply are not eligible for Ozempic Treatment:

- Eating Disorder
- Gallbladder Disease
- Drug Abuse
- Alcohol Abuse
- Recent Bariatric Surgery
- Pancreatitis
- Medullary Thyroid Cancer
- Currently Pregnant
- Currently Breastfeeding
- Planning to Become Pregnant
- Retina problems

SIDE EFFECTS

This medication may have several common side effects. We have listed these as well as some advice for managing these below.

For Constipation:

Constipation is a result of these medications slowing gastric emptying time. There are a few things that you can do to reduce your chances of developing constipation including:

1. Increase your fiber intake to 30 g/day, including vegetables, whole grains.
2. Increase your water intake to at least 64 oz of water daily.
3. You may need to add over the counter fiber supplements such as Metamucil or Benefiber.

If your constipation is severe, you can also consider taking over the counter medications such as Colace which helps to soften the stool or senna which helps to stimulate a bowel movement. MiraLAX is also a gentle non-stimulant laxative which may help to promote bowel movements.

If your constipation continues after the use of the above suggestions, please discontinue the use of the medication and notify your provider for advice on the next steps.

Please seek in-person care if at any time you develop severe abdominal pain or nausea that is a result of the constipation.

For Nausea/heartburn:

1. Avoid fried, greasy, or fatty foods and foods high in sugar.
2. Eat slowly, and eat smaller meals. If needed, move to 6 small meals a day spaced apart.
3. Eat foods that are light and bland.
4. Drink clear or ice-cold drinks.
5. A helpful tip: hold an alcohol pad 1cm or more from your nose and inhale deeply. Some patients find this as effective as nausea medications such as Zofran.
6. Try moving your injection site to the thigh region; this has been noted to decrease side effects.

Nausea tends to improve over time as your body gets used to taking the medication.

For belching:

1. Try over the counter GasX (simethicone)

For Diarrhea:

1. Keep up with hydration, make sure to hydrate throughout the day.
2. Pepto Bismol over the counter - take as directed on packaging, please note this medication will turn your stool dark/black.
3. After about 2 days of diarrhea, if still persistent, try Imodium over the counter and take as directed on the packaging.

For fatigue:

1. Try adding in an over the counter vitamin B12 supplement of 1,000mcg daily.

For Localized skin reaction:

1. Apply topical Cortaid over the counter, and if needed, take your injection out of the refrigerator 10 minutes prior to injection.

LIFESTYLE MODIFICATION:

While we do not expect you to follow a specific diet, it is imperative that you begin and continue a low-calorie diet. "Intermittent fasting" is also highly suggested. We recommend seeing a registered dietitian if you need assistance in choosing a specific diet that will meet your goals. An exercise plan should also be created and adhered to during your weight loss program. Both of these should become permanent lifestyle modifications, which will continue long after your pharmaceutical weight loss treatment is complete.

You should not expect to see significant weight loss with any pharmacological therapy unless you combine with permanent lifestyle modification of both diet and exercise.

WHEN SHOULD I STOP TAKING OZEMPIC?

When beginning the program, you communicate your goal weight. If you achieve your goal weight and reduced A1C level after 12 months, you should stop taking Ozempic. Maintaining healthy habits after completing the program is essential in preserving the weight loss you achieve.

If you experience emergent symptoms, please seek in-person care.

WE ENCOURAGE YOU TO NOTIFY YOUR PRIMARY CARE DOCTOR ABOUT YOUR WEIGHT LOSS PROGRAM AND LAB RESULTS.

Please do not send any non-medical questions to me as I will not be able to answer them for you. For questions regarding your account, insurance coverage or prior authorization, order, or medication pick-up please contact customer service directly or your pharmacy.

For additional information please refer to the manufacturer website: <https://www.ozempic.com/>

Does PA Need to be Filed?

- Yes - file PA (pa_process_1)

Preferred Medication for Prior Auth (upon denial of preferred medication, subsequent PA's will be filed):

- Ozempic

Diagnosis

E66.9: Obesity, unspecified - obesity NOS

Diagnosis

Z68.34: BMI 34.0-34.9

Diagnosis

Diagnosis

Diagnosis

Diagnosis

CPT Codes

- 99204 - New Patient - medically appropriate history and/or examination and moderate level medical decision making.

WM Visit Status

- Visit Completed (visit_completed_status_1)
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