



## Total Care Program

Our **OCare Total Care Program** is comprehensive, intensive, and ongoing, designed to help you to get the most out of your weight loss tool, whether it be the **Gastric Band or Gastric Sleeve or Sleeve Gastrectomy**. OCare will maximise your ability to enjoy sustained weight control and a better quality of life.

The uniquely integrated features of the **OCare Total Care Program** are:

### **Regular clinic review.**

We look forward to seeing you every month (every 3 months for the gastric sleeve) until you reach your goal weight, then annually thereafter. The main purpose is to monitor your weightloss, check that your band or sleeve is functioning properly, troubleshoot any problems, answer questions, and adjust your band as required

Unlimited consultations are included in your program, and we are always happy to see you at a moments notice if any problems arise- just pick up the phone and come in.

### **Ongoing dietary and nutritional support.**

Our dietitians will walk with you every step of the way, from ongoing advice and support, and education about better nutrition. Eight consultations are included, and detailed, colour brochures are provided for each dietary step.

### **Your personal weightloss coach.**

Our fully qualified psychologists are highly experienced and successful at helping you overcome these hurdles and put you back in control.

Two consultations are included in our program fee, however additional consultations are available at a nominal fee.

### **Support groups**

Regular support groups are held each fortnight at our Crows Nest office (near the Mater hospital). Moderated by one of our psychologists, they are a great way to meet other patients, swap stories and share experiences. Research shows that attending support groups is associated with improved results