

**Medical** ASSOCIATES OF DAVIE  
AT HILLSDALE

Dear Participant,

Welcome and congratulations! You have already taken the first step towards achieving a healthy weight and a healthy lifestyle by making this appointment.

There are many ways to lose weight. You may have tried a few things in the past without success, or with only temporary success. We are here to help you achieve a healthy weight for your body and a healthy lifestyle. The benefits of this program include preventing risks of several chronic medical conditions, and/or improving chronic medical conditions you already have.

No two people are exactly alike, therefore what may work for one person will not necessarily work for another. In order to make your appointments more beneficial, and to aid in your success, we are asking for some information. Your answers to the questions on the following questionnaires will help us to formulate a plan that is individualized to you.

The questionnaires are voluntary. If you feel that a question is too personal, or does not apply to you, you may skip it. Just remember that your answers are confidential. Please be honest, as your program will be based on your answers. Together we will formulate a plan to help you reach and maintain your goal!

You may choose to do one of the following:

1. Print out the forms from our website, [www.MADHillsdale.com](http://www.MADHillsdale.com), fill them out and mail it or drop it off at our office.
2. We will be glad to mail the forms to you. Then you can complete them and either mail them back to us, or drop them off at your convenience.

Please call the office with any questions or concerns. Thank you and we look forward to seeing you soon!

Sincerely,



Margaret Bovender, FNP-C  
Co-Creator and Lead Clinician  
NOW! Weight Management Program



Takashi Hirata, MD  
Co-Creator  
NOW! Weight Management Program