



## The Weight Loss & Diabetes Center

### OUR FOCUS

The Weight Loss & Diabetes Center's focus is primarily behavioral, encompassing psychology and nutrition, as research has shown for decades that behavioral methodologies are the key to permanent weight loss. Extreme diets, exercise, or supplements are not supported by the center.

### WEIGHT LOSS MEDICATIONS

Weight loss medications can be a temporary, short-term aid for weight loss and we do prescribe them in some cases but medications are not the focus of our center.

### ONE-ON-ONE INDIVIDUALIZED TREATMENT

We offer private psychological, dietary and medical treatment, customized for each patient. We use only scientifically demonstrated methods, as recommended by the Obesity Society and the American Diabetes Association.

### ALL ARE WELCOME

We specialize in helping people lose weight when they are overweight, with or without diabetes. Half of American adults have diabetes or prediabetes and the numbers are climbing. Chances are you have the genes and will develop prediabetes or diabetes if your weight goes up.

### COLLABORATION

Our team always works with your physician, nurse practitioner or any other health care practitioner you see. We are a partner in your weight loss journey and look to collaborate as often as possible. The more experts we have helping you, the better.

### INSURANCE

The Weight Loss & Diabetes Center is an out-of-network provider. This means that we do not bill insurance companies directly BUT your counseling and medical services are likely eligible for reimbursement through your out-of-network benefits, medical spending or health care savings accounts.

### WHO WE ARE

Chris Mosunic, PhD, RD, CDE, MBA is a licensed doctor of clinical psychology, a masters-level registered dietitian, and certified diabetes educator, responsible for the managing the center but, more importantly, working directly with patients.

Amber Berube, RN, ANP-C is a licensed Nurse Practitioner and prescribes weight loss medication as clinically indicated.

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