

# innova+ions

health+care  
choices 4 change

# innova+ions

health+care  
choices 4 change

## support for life

Tired of weight loss and exercise programs that promise the world, work for a while then are discarded when you find that you are putting on weight again? Make an appointment with the Innovations Healthcare Team.

Innovations Healthcare is a group of weight management experts who provide medically proven solutions for overweight and obesity. The key to long term success is finding the right team who can support you for life.



**Nutrition Professionals Australia**



**Elite Physio & Fitness**



**North Eastern Psychological Services**

**adelaide**  **obesity**  
surgery

**adelaide obesity surgery**

- Internal Medicine Physician
- Bariatric Physician
- Bariatric Surgeon

To arrange an initial consultation please call us on

**1300 881 561**

## contact details

PO Box 2107  
Kent Town 5071  
South Australia

t 1300 881 561  
f 8359 2477  
e [info@innovationshealthcare.com.au](mailto:info@innovationshealthcare.com.au)  
w [www.innovatonshealthcare.com.au](http://www.innovatonshealthcare.com.au)



setting the standard in **medically** proven holistic **weight loss**



**Innovations Healthcare will help you to achieve your weight management goals with a complete and individualised program aimed at achieving:**

- Improved health and wellbeing
- Increased energy levels
- Improvement in risk factors that affect your long term health, such as high blood pressure, diabetes, cholesterol and blood glucose levels
- Permanent weight loss

Our program uses the latest scientific research and evidence to ensure that you are provided with the most up to date and medically proven advice.

**step 1**

**establish the foundations for your long-term success**

A core group of appointments to meet with all members of the Innovations Healthcare Team.

**bariatric physician**

Initial appointment with our doctor to guide the journey.

**dietitian**

Two appointments to assess individual nutrition and dietary needs, make some initial goals and develop an eating plan.

**exercise therapist**

One appointment with our exercise therapist for musculoskeletal assessment and one appointment with our personal trainer to commence fitness and activity plan.

**psychologist**

One appointment with our psychologist to address the behavioural and psychological contribution to weight-management.

**internal medicine physician**

One appointment to carefully document complete physical health and body function. Assessments including diabetes management, sleep apnoea, heart health and preoperative fitness assessments may also be required.

**bariatric physician**

Second appointment to integrate input from the whole team and prescribe recommendations for progression to Step 2 solutions.

**bariatric surgeon**

Our surgeon can offer a range of safe and proven weight-loss operations including LapBand surgery, gastric bypass surgery or arrange Plastic Surgery.



**Step 2**

**individual solutions**

Implementation of your personalised weight management program.

**our medically-proven solutions include:**

- Individualised nutrition advice and eating plans
- Meal replacement programs
- Supervised exercise programs, personal training, gym memberships, or core stability classes
- Behavioural therapy
- Lifestyle coaching
- Weight-loss medication
- LapBand surgery
- Supermarket tours
- Support groups

**Step 3**

**maintenance of long-term goals to build on success**

Continuation of a supportive, medically-guided weight-maintenance program for life.