

Medical Weight Loss Post Test

1. To kick start weight loss in this program _____ are used?
 - a. medication
 - b. meal replacements
 - c. diet
2. Prior to starting the program, I need to be evaluated by the physician and exercise specialist?
 - a. True
 - b. False
3. The program meets weekly on Tuesday evenings on the Inova Fair Oaks Hospital campus for 12 consecutive weeks.
 - a. True
 - b. False
4. Since this is a high protein, low carbohydrate pattern, I need to consume at least 64 ounces a day of _____?
 - a. juice
 - b. water
 - c. tea
5. Out of pocket expenses may include physician appointment co-pays as well as labs fees.
 - a. True
 - b. False

I have watched the Medical Weight Loss program video and understand that this is a meal replacement program that requires weekly group appointments and full participation.

Name _____

Please complete this quiz and fax to 703-391-4217 or email to MWLFairOaks@inova.org

This quiz must be received prior to scheduling any program appointments.