



WEIGHT & WELLNESS SPECIALTY CARE

Is your child struggling with weight management? The Weight & Wellness Specialty Care clinic at Children's Hospital and Medical Center can help.

Weight & Wellness is a medically managed program with a multi-specialty team of experts ready to assist your family in making healthier lifestyle choices. We are not a diet program – our focus is medical weight management. In some cases, that may mean helping your child lose weight. In other cases, it may mean stabilizing your child's weight gain to let their height catch up. Either way, our team of experts will help your family to plan and maintain healthy lifestyle changes that you can stick with for the long term.

We do more than just help your child achieve a healthier body weight. Even patients who are unable to successfully meet weight loss or weight maintenance goals will benefit from receiving diagnosis and treatment for weight-related illnesses (or comorbidities).

Referral Process

STEP 1: HAVE YOUR DOCTOR REFER YOUR CHILD TO WEIGHT & WELLNESS

Provider referrals to *either* of our locations (Omaha or Lincoln) may be submitted via the electronic medical record. Providers *outside* of the Children's system may refer using our online portal, Physician's Connect.

FOR REFERRING PROVIDERS:

Physician Connect allows you to access patient information and follow the progress of care for patients referred. It is connected to Children's Epic Electronic Health Record and allows you to request lab and image tests for outpatients, request referrals to specialty clinics, and view test results in real time.

https://physicianconnect.childrensomaha.org/EpicCareLink/common/epic_login.asp

First-time users will need to complete the enrollment process by clicking "[Request New Account](#)"

For help with referring a patient or if you are unable to log on to Physician's Connect, please call us at 402-955-4080

STEP 2: SCHEDULE A PARENT ORIENTATION APPOINTMENT (REQUIRED)

Once we have received a completed referral form, our staff will contact the listed parent(s)/guardian(s) with an invitation to attend an informational presentation about our program. Children are welcome at this appointment but their attendance is not required.

We offer parent orientation on the first Tuesday of the month at 5:30pm in Omaha **or** at 6:00 in Omaha for Spanish speaking families. *Ask us about special accommodations available for long distance (including Lincoln) or non-English-speaking families*

If our staff is unable to contact you, we will notify the referring provider and keep your referral on file for one calendar year. If you don't hear from us and would like to get started, please call us at 402-955-4080 and press 1 for scheduling.

STEP 3: DECIDE IF WEIGHT & WELLNESS IS RIGHT FOR YOUR FAMILY

The orientation presentation will offer an overview of our program and expectations for families who choose to participate. At the end we will allow time for questions and give instructions for getting started with our programming.

To find out more, visit: www.childrensomaha.org

Click on specialties and locate us under "W" for weight management.