



New U Flex Program

The New U Flex Program in the Center for Healthy Weight and Nutrition is a Medical Weight Loss Program designed for children 2 years and older who struggle with their weight. With the help of our team, you will learn and maintain positive lifestyle behavior changes to improve your physical and emotional health.

The program includes:

- Individualized care designed to meet your needs
- Psychological counseling and support
- Nutrition counseling
- FUNctional options to increase activity in daily routine
- Strategies for changing habits

The New U Flex Program is a combination of Psychology and Clinic Team visits. We may also provide options for physical activity outside of clinic. The idea of this program is to be flexible to meet individual needs.

Program Team

Our team is here for you every step of the way! You will meet with our staff at clinic visits and will be able to stay connected with us by telephone throughout the program.

You may meet with the Pediatric Psychologist, during the program, to help you set goals and learn different techniques for behavior change.

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The Physician or Nurse Practitioner will meet with you at each clinic visit and assist you with setting and meeting your goals, as well as monitor any health issues related to weight you may have.

The Dietitian will meet with you at each clinic visit. The dietitian will help you learn healthy, nutritional lifestyle behaviors and teach you the skills to use them in your everyday life.

A Physical Therapist will see you at all clinic visits and provide you with education regarding creative ideas to increase activity through your child's recreation interests. You may also have visits with a Certified Athletic Trainer to give you more support for physical activity.

Family Participation

At least one adult in the household must attend the program with the child. We also strongly recommend that all members of the household work together to make healthy changes. With support from family members, it will be easier to make lasting, healthy lifestyle changes.

Cost

Cost of the New U Flex Program varies based on insurance coverage and your schedule of visits. Please contact Nationwide Children's Hospital Financial Department at (614) 722-2055 for more information about the cost, co-payments, and insurance coverage.

Location

The clinic visits will be held at the following locations:

Livingston Ambulatory Center

380 Butterfly Garden Dr.
Columbus, OH 43215
(614) 722-4824

Hilliard *Close To Home*SM Center

4363 All Seasons Dr., Hilliard, OH 43026
(614) 355-8400

Westerville *Close To Home*SM Center

433 North Cleveland Avenue, Westerville, OH 43082
(614) 355-8300

Your Commitment to the New U Flex Program

Regular attendance is the key to success in the New U Flex Program, but success is not limited to attendance. You will need to work with us to set and keep your nutrition, physical activity, and behavior change goals. Also, you will be asked to keep a weekly monitoring record and participate in all of the program activities.

Our Commitment to You

We will support you every step of the way and help you create balance, motivation, and skills for lasting, healthy lifestyle changes. We will work closely with your primary care provider during the program.

More Information

Contact the Center for Healthy Weight and Nutrition at (614) 722-4824 or visit www.NationwideChildrens.org/HealthyWeight.



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