

# Telehealth Weight Management Clinic

SAFE, SUSTAINABLE, EVIDENCE-BASED RESULTS!



Gene Pershwitz, M.D.



## ABOUT MODERNWEIGH

Our mission centers around preventative care and overall health and wellness. We don't just help you lose weight; we'll give you the tools, coaching, and education you need to reach your goals and maintain your results!

### WEIGHT LOSS MEDICATION

Our evidence-based approach, utilizing FDA-approved medications, is designed to ensure safe and sustainable results.

### NUTRITION AND LIFESTYLE CHANGES



Through 1:1 coaching with a registered dietitian, you can stay accountable, establish new habits, and focus on the lifestyle changes that matter most to you at your own pace.



## SERVICES OFFERED

- Comprehensive medical evaluation, including baseline lab work
- Prescription medication for patients who qualify
- Insurance navigation
- Nutrition Coaching with a Registered Dietitian
- Online appointments from the comfort of your own home
- User-friendly patient portal with direct chat and smart device integrations

Start Here!

## GET STARTED TODAY!

 [www.joinmodernweigh.com](http://www.joinmodernweigh.com)  
 [support@joinmodernweigh.com](mailto:support@joinmodernweigh.com)

 (214) 233-5949  
 (214) 481-6419



# Benefits of Weight Loss



Losing weight can significantly improve heart health by reducing the risk of cardiovascular diseases and lowering blood pressure and cholesterol levels.



Reaching a balanced weight enhances mobility, reducing joint pain and increasing range of motion, making daily activities and movement more comfortable.



Weight loss plays a pivotal role in preventing diabetes by improving insulin sensitivity and regulating blood sugar levels.



Attaining a healthy weight can help balance hormones, regulating various bodily functions and potentially improving reproductive health.



Achieving and maintaining a healthy weight can enhance sleep quality by alleviating conditions like sleep apnea and promoting deeper, more restful sleep.



Losing weight can boost mental well-being by improving mood, reducing symptoms of depression and anxiety, and enhancing overall cognitive function.



## GENE PERSHWITZ, MD

Dr. Pershwitz founded ModernWeigh to empower individuals on their journey towards healthier lives. With a deep understanding of the challenges and complexities of weight management, he is committed to providing personalized care that goes beyond mere weight loss.

Certified by the American Board of Obesity Medicine (ABOM), Dr. Pershwitz combines his expertise with a compassionate approach to help individuals achieve sustainable results. He believes in addressing the unique needs and goals of each patient, creating personalized plans that encompass nutrition guidance, behavioral modifications, and ongoing support. By focusing on long-term success and promoting positive lifestyle changes, Dr. Pershwitz aims to improve overall well-being and help individuals take control of their health.

