



Getting Started

- Ask your doctor to refer you to the OSF Weight Management Center. We will call you to schedule your first appointment.
- At your appointment, a medical provider will assess your medical history, current health status and medications. We will discuss the program options that fit you best.

Contact Us

If you cannot attend your scheduled appointment, please call us 24 hours in advance to reschedule your appointment at (309) 282-1600.

Personal Counseling

Individual counseling with our team may be an option in situations where group visits are not possible. These sessions are scheduled every six-to-eight weeks by appointment.

Seca Body Composition Test



At your first visit, you will complete a Seca Body Composition Test to measure your skeletal muscle and body fat, and estimate your resting metabolic rate. This test uses ultrasonic technology and does not require special clothing or fasting. Body composition is a more accurate measure of health and fitness, compared to only body weight using a scale.

For more information about the OSF Weight Management Center, please visit osfhealthcare.org/services/weight-loss

OSF Weight Management Center

At the RiverPlex Recreation & Wellness Center





Pathways to Health

Good health and body weight are two different concepts. You may find that you lose weight when you adopt healthy eating habits and an exercise plan. Or, you may be able to improve your metabolic health at your own shape and size. Maybe your weight is contributing to your health problems, and weight loss may be helpful. Weight loss medications may be an option for some people. The goal of this program is to find your path to healthy living, and that may be different for each person.

osfhealthcare.org/services/weight-loss

The Pathways to Health program involves making changes to your habits such as sleep, hydration, nutrition, exercise, and stress management. At your first appointment, you will

- complete a SECA test to measure your body composition and estimate your resting metabolic rate.
- meet with the Advanced Practice Nurse (APRN) for an assessment and to decide the best path for you. If you are a candidate for weight loss medication, this will be discussed at your first visit.
- meet with the Registered Dietician (RD) for a nutrition assessment and recommendations.
- meet with the Exercise Physiologist to review your SECA test results
- schedule monthly, small group follow up appointments, or individual appointments as available.



Scan here to learn more.



Scan here to access our video series.

Pathways to Surgery

Have you lost and regained weight many times and are ready to consider another option? Learn about surgical weight loss with our video series. Then, join a small group to learn the “Five Lifelong Habits for Surgical Success,” while preparing for surgery.

The groups will meet regularly for about six months and are led by our dietitians, exercise physiologists and an advanced practice nurse. You will track your eating and exercise habits to prepare you for the changes needed after weight loss surgery.

You must complete the information video series and survey (link above) to proceed with the program. After completing this step, you will be referred to the bariatric surgeon for evaluation.