



Welcome to the Crouch Clinic!

*Effective 01/01/2023, The Crouch Clinic will be owned by Clark Wellness, PLLC.*

Our weight loss plan is a medically supervised weight loss program based on principles focused on improving health and long term weight loss. Many weight loss plans compromise health and focus on short term weight loss. Our program is designed to help you make the permanent lifestyle changes needed to achieve long term weight loss and improve health.

Success at controlling your weight requires both education and motivation. You must know what lifestyle changes are necessary for good health, and you have to be motivated to make those changes. Our goal is to teach you how to make educated choices about the foods you eat and lifestyle changes that promote healthy weight loss and decrease medical problems. We also want to motivate you to make changes that you can live with for the rest of your life. Temporary lifestyle changes result in temporary weight loss. Permanent lifestyle changes are needed to achieve permanent weight loss.

If diets and exercise alone have left you disappointed, you need a weight loss provider to help you take control of your weight and improve your health. We are ready to help.

## *Services Provided at the Crouch Clinic*

The Crouch Clinic is now a combination of a Weight Control Clinic and Functional medicine practice. As part of the Weight loss clinic, we provide medically supervised weight loss services for the treatment of obesity, overweight and associated medical conditions. We do not do bariatric surgery.

## Medically Supervised Weight Loss

In addition to helping our patients make reasonable lifestyle changes by promoting a healthy diet and routine, moderate exercise, our providers may prescribe appetite suppressant, Peptides such as Semaglutide and other compound injectables to give you an advantage that you cannot get any other way.

## Nutritional Counseling

Our staff will work with you to create a custom nutritional plan that will meet your specific needs and goals. Our experienced team is equipped with knowledge to provide you with an understanding of your dietary needs and answers to your questions.

We also work with a Holistic nutritionist who can provide individualized services to our patients. The Cost for consultation is \$40 for a 30 minutes visit or \$70 for 1 hour.

## Vitamins and Supplements

Our team feels strongly that for good health, patients should be taking the following supplements: Multivitamin (with Zinc, K2 and Selenium), Vitamin D3, Magnesium, Probiotics and Omega 3 Purified Fish Oil. We conveniently keep these supplements, as well as a few others, on hand for our patients to purchase. [Fullscript - ANGELICA Clark's Fullscript Account](#)

## Eligibility

Eligibility for use of prescription weight loss medications:

Not everyone needs prescription weight loss medications to be successful and not everyone will qualify for these medications.

Patients who feel that they need appetite control and who meet the eligibility requirements will be offered prescription weight loss medications.

*Criteria to be eligible for prescription medications include:*

- Age between 14 and 65 years
- Body Mass Index (BMI) of 27 or greater OR
- Waist Measurement of 35 inches or more for women, 40 inches or more for men OR
- Weight gain of 20 pounds or more over your usual healthy body weight OR

- Weight maintenance in a patient with a history of obesity or overweight requiring weight loss medication treatment in the past.

Once ideal body weight is reached or BMI 20, the provider will not be able to prescribe appetite suppressants.

## *Guidelines*

New patients are seen by APPOINTMENT ONLY.

We recommend bringing a copy of most recent ECG for your new patient visit.

Patients under the age of 18 must have a release signed by a parent or legal guardian stating that our providers have permission to provide treatment for weight control.

Every patient may not meet the requirements needed to qualify to take appetite suppressant medications. Patients with Chest Pain, Heart Disease, Stroke, Uncontrolled High Blood Pressure and certain types of Glaucoma may not be eligible to take appetite suppressants. Please notify us prior to your appointment if you have any of these medical problems.

Deposit to Hold Appointment and No Show Policy: A \$75 deposit is required to hold your new patient appointment. This deposit is non-refundable and will be applied to the cost of your first visit (\$99). Should you need to change your appointment date or time, please notify us at least 2 business days prior to your scheduled appointment. This will allow another new patient to come in your place. We will be happy to work with you to reschedule your visit because we are excited about helping you lose weight.

## *The First Visit*

Please Log into the Patient Portal and sign all of the consent forms and questionnaires. The provider will review them with you on your visit.

We will also need that you upload a copy of your Driver's license on the portal. Our providers are licensed in Texas only and can not provide telemedicine services to out of state patients. Plan to arrive at our office approximately 15 minutes prior to your scheduled appointment time. Please make arrangements to stay for the entire length of the program which may be from 1 to 2 hours. We will be unable to prescribe medication to patients not completing the program. It is important to minimize distractions in order for you to get the most out of your visit. Because of this we ask that you please do not bring small children on the first visit. Remember that your success is also our success.

## Lab Work

The lab work will be done at the Hamilton lab clinic at 303 N. Brown St, Hamilton, Texas 76531.

Blood work is required yearly. If outside labs are received, there is a \$50 interpretation fee.

You must be FASTING for 8 to 12 hours for the blood work. This means nothing to eat or drink (except water) after midnight the night before your morning appointment. If you have an afternoon appointment, you can eat a light breakfast before 7 am and then fast until we draw your blood. If you have high blood pressure, it is okay to take your blood pressure medication though most other medications should be held until after your blood is obtained. If your blood pressure is too high on your visit, we may not be able to prescribe appetite suppressants until we document that your blood pressure is controlled. If you have a question about taking a particular medication, please call us.

We will discuss your lab work on your second visit. The results will be posted on the portal and we need you to watch for the recommendations posted on the portal and secure messages sent to you by your provider.

If the number is critically high or low, we will attempt to contact you by phone.

## First Visit Cost

There are two options for lab work on the first visit, the Crouch Clinic Superchem or the Executive Profile (Superchem plus). The prices include everything for the first visit except the medication. The first visit includes a medical history, physical examination, lab work, a vitamin B12 injection and an orientation lecture where we will discuss nutrition, exercise, lifestyle changes, medications, motivation and answer any questions you may have. The lab work consists of a comprehensive set of tests including thyroid function, blood sugar, insulin and Hemoglobin A1C for diabetes and insulin resistance screening, cardiac risk profile, liver and kidney function, bone profile, electrolytes, iron and other anemia tests, etc.

**OPTION 1: New Patient Visit is \$99 plus Blood work - Superchem \$110 for a total of \$219.**

Superchem: The Crouch Clinic Superchem is our routine comprehensive set of lab tests which includes: CBC for infection and anemia, TSH, Free T3 and Free T4 for thyroid function, blood sugar, HgB A1C and Insulin for insulin resistance and diabetes, cardiac risk profile, liver and kidney function, bone profile, electrolytes, magnesium, and iron. The Superchem is included in the Option 1 price for the New Patient Visit above.

**OPTION 2: New Patient Visit with Superchem Plus = \$270.00**

Superchem Plus: Patients have the option to upgrade their lab work to the Superchem Plus. The Crouch Clinic Executive-Profile includes all of the tests included in the Superchem plus Vitamin D, A1C and Fasting Insulin. The Superchem Plus is included in

the Option 2 price for the New Patient Visit above. \*\*See more detailed information about the Superchem Plus at the bottom of this page.

Vitamin B12 Injection: our providers recommend the Vitamin B12 injection on each visit. Patient's report more energy and better success at weight control with the Vitamin B12 injections. This is included in the price for your New Patient Visit. The cost of the Vitamin B12 Injection is \$15.00 if included with an office visit and \$25.00 if not included with a visit.

MIC injection: COMING soon in 2023. Link : [How do Lipotropic \(MIC\) Injections Work? | Empower Pharmacy](#)

## Medication Cost:

RX Appetite Suppressants: The Phentermine medication is specially compounded by City Drug for the Crouch Clinic. The medication cost at CITY DRUG is \$35.00 to \$60.00 depending on the medication prescribed. The pharmacy requires photo identification like a DRIVER'S LICENSE. [How Appetite Suppressants Work | Empower Pharmacy](#)

Semaglutide Compound: COMING SOON

## Follow-Up Visits

Routine Monthly Follow Up Visits: You will need a visit in monthly intervals. You will be given a new prescription for 30 days of medication each time. You will be seen by our qualified and certified health care providers. Routine Monthly follow up visits in person are \$60. You will need to come to our office in person every 90 days since Appetite Suppressants are considered a controlled substance and require close monitoring such as a physical exam.

## Telephone Consults

After being on the program for 2 full months, patients who are doing well on the program and medication and are medically stable may qualify for telephone consults. Each month these patients will have to submit their information such as current blood pressure, weight, resting heart rate, diet and exercise routine and if having any problems or questions for the provider through the portal to request a phone consult. The providers will try their best to call you close to your appointment time but it may be 4 hrs before or 4 hours after depending on how the inperson clinic schedule goes. You will need to be in Texas for this Call due to new regulations and telemedicine rules. It is also important that you are at a quiet location to be able to visit with your provider. The provider will fax your

medication(s) to City Drug after a payment has been received and the pharmacy can mail the prescription(s) to the patient.

**Patients are allowed 2 telephone consults in a row and then will need to be evaluated in the clinic for the next monthly prescription.** The purpose of the telephone consults is to allow patients who are unable to return to the clinic monthly due to living a long distance away, work/school schedule, or limited finances to space their clinic visits. This saves patient from having to take a day off work to travel to the clinic. Telephone consults are \$65.00

## *Other Visits*

Patients who have not been seen in the clinic for 3 months or longer may require a more expanded visit and the office visit price will be adjusted accordingly. The cost is \$70 if more than 3 months has passed from your last encounter with the provider in the office or by phone.

Patients who have not visited the clinic within two years will be considered New Patients as far as scheduling and fees are concerned.

If it has been more than 1 yr since the last visit, the cost is \$90.

If you are a weight loss and thyroid management patient, or thyroid only patient, the visit cost is \$85.

Vitamin D level: Vitamin D researchers claim that we are having an epidemic of Vitamin D deficiency in the United States. This is especially true in the winter months. Vitamin D Deficiency is linked to osteoporosis, depression, weight gain, chronic fatigue, chronic pain, and certain cancers. Vitamin D levels of 60-80 are recommended. The Vitamin D Counsel has issued the following statement: We propose Vitamin D Deficiency Syndrome (VDDS) exists when 25(OH)D levels of less than 50 ng/mL are found in patients with two or more of the following conditions: osteoporosis, heart disease, hypertension, autoimmune diseases, certain cancers, depression, chronic fatigue, or chronic pain. \$70.00 if done individually.

## *Other Requests*

Any non-urgent questions or refill request needs to be sent via portal: [Welcome to Clark Wellness, PLLC's Patient Portal \(md-hq.com\)](https://www.wellnesspllc.com/patient-portal). We will respond within 72 hrs. Please be proactive and send your requests before your run out of your medications.

## *Emergencies*

If you are not doing well and it is after hours, please call 911, go to Urgent care or Emergency room for an evaluation. Please stop your regimen until you speak with our team. We do not provide oncall or afterhours care.

Acute illness will need to be addressed and treated by the PCP.

## *Payment*

Payment in full is expected at the time of service. We accept Cash or Major Credit and Debit Cards. We do not accept checks. There is 3.5% fee for credit card transactions.

## *Insurance*

We do not accept or file insurance. Most insurance policies do not provide coverage for weight control services or medications.

## *History of the Crouch Clinic*

The Crouch Clinic has been in the same location in Hamilton, Texas for more than 30 years and primarily treats patients for weight control and diseases associated with over-weight and obesity.

The Crouch Clinic Weight Loss Program utilizes weight control principles developed over the more than 40 years of clinical experience, medical education and research by N. C. Crouch, D.O. (deceased) and Mark Crouch, D.O. These principles include but are not limited to: dietary changes for weight loss while maintaining health, exercise specific for fat burning, techniques to positively influence neurotransmitters and hormones involved in fat burning and appetite control, motivational techniques, weight maintenance techniques, proprietary formulations of compounded prescription medication and proprietary formulations of vitamin and mineral combinations. These principles are updated as new research and information becomes available.

Angelica Clark PA-C, IFMCP started working with Dr. Crouch in 2008 until 2014, returned to the Clinic in 2022 and she becomes the Co-Owner with the Medical Director Dr. Vivian

Asamoah MD January 1st, 2023 since Dr. Crouch is transitioning the Crouch Clinic to Clark Wellness, PLLC as of 12/31/2022.

Angelica Clark PA-C, IFMCP and Dr. Mark Crouch are the current providers for the Hamilton location.

The Crouch Clinic Weight Control Program utilizes approved appetite suppressants including time release formulations of phentermine that are not available commercially and have been compounded to the specific formulations developed by Mark Crouch, D.O. and compounding pharmacist Danny Ray, RPh several years ago.

The Crouch Clinic Weight Control Program utilizes specific vitamin and mineral formulations for weight control such as NIA and CR7, formulations developed by Mark Crouch, D.O. that have been manufactured exclusively for the patients of the Crouch Clinic. These formulations are composed strictly of vitamins and minerals with well established Dietary Reference Intake recommendations and do not contain herbal compounds. These vitamin and mineral formulations are within widely accepted therapeutic doses in combinations that are not available commercially.

At each visit, your provider will post a visit summary and a handout on the patient portal with current health and weight loss topics.

## DISCLOSURES

The Crouch Clinic offers treatment for weight control and certain medical conditions associated with overweight and obesity. You should continue to see your primary care provider for routine health maintenance and screening and management for all other medical problems.

The Crouch Clinic will refer you back to your primary care provider for medical problems that are beyond the scope of the practice that may be discovered by lab work or on physical examination.

All medical services are provided by direct patient contact, evaluation and interaction at the Crouch Clinic located at 113 East Leslie Hamilton, Texas 76531 or telemedicine.

The email address listed in the Contact Us page: [info@angelicaclarkpa.com](mailto:info@angelicaclarkpa.com) is not for medical advice, appointment scheduling or for current patients with problems or questions. All current patients who wish to contact our practice or patients wishing to schedule or change appointments are to request online at the patient portal ([Welcome to Clark Wellness, PLLC's Patient Portal \(md-hq.com\)](https://www.md-hq.com)) or call us directly at 254-386-8149.

Individual weight loss results will vary from person to person. Success is dependent on many factors many of which are out of the control of Dr. Crouch and the Crouch Clinic providers. The Crouch Clinic offers no guarantee or warranty as to the rate of weight loss



or success. For certain patients with severe weight problems or complex medical conditions, preventing further weight gain or slowing the rate of weight gain may have a significantly positive impact on health.

The Crouch Clinic protects the privacy and confidentiality of its patients. None of the patients of the Crouch Clinic appear on this website. All images and photos appearing on this website are of models or actors portraying the healthy diet and lifestyle promoted by the Crouch Clinic.

The Crouch Clinic has no financial interest in Hamilton City Drug or the compounded medications or metabolism pill formulations supplied by Hamilton City Drug. Our only interest is to recommend preparations that will promote success, safety and well-being of his patients.

*Thank you for the privilege to coach you in this weight loss journey!*