Weight Management Program

In Total Health Care, we are “Totally There for You” on your journey to Smarter Health. That’s why we have partnered with Weight Watchers® to develop a FREE 12-week Weight Management Program through Weight Watchers®. This program is designed to assist you in making healthy lifestyle changes. The program is geared toward individuals 13 years and older with body mass index (BMI) of 30 or more. Your primary care doctor (PCP) is critical to your success. Total Health Care requests that your PCP submits a prescription requesting that you attend Weight Watchers®.

The prescription MUST include:

- Your name
- Date of Birth or Total Health Care ID number
- Written Approval to join Weight Watchers®
- Height and Weight
- Body Mass Index (BMI)
- Co-morbidities (medical conditions, if any)
- For children ages 13 –16, include normal weight for the child based on age and height.

- The prescription can be faxed to 313.748.1368
- The prescription can be scanned and then e-mailed to Qil@THCmi.com
- The prescription can be mailed to the Weight Management Coordinator at:
  Total Health Care
  3011 W. Grand Blvd
  Suite 1600
  Detroit, MI 48202

If eligible, you will be sent a contract to sign and mail back in the envelope provided. (The signed contract can also be faxed to the number above.) Once the contract is received, Weight Watchers® will mail you a 12-week paid invoice to take to a Weight Watchers® location of your choice.

To learn more about how the Weight Watchers® program can help on your journey to Smarter Health, please visit: https://888-3-florine.com/

BMI Calculator Tools:

BMI calculator for adults:

BMI calculator for children and teens:

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