



Trifecta Weight Management Schedule

Website: [Trifecta Weight Management](#)

Email: [Click to Email](#)

Service Provided	Frequency	Quantity
Medical Consultation (In Person mandatory 1 st session)	4 Sessions	15-30 Minutes
Medical Nutrition Counselling	7 Sessions	50 Minutes
Movement Sessions	8 Sessions	60 Minutes
Self Guided	4 Weeks	N/A

Total Program Cost (including tax)

\$2070.00

We offer a flexible payment plan which includes 4 payments of \$517.50.

Payment Schedule

- 1st Payment at week 1
- 2nd Payment at week 6
- 3rd Payment at week 13
- 4th Payment at week 20

Weight Maintenance Program

Service Provided	Frequency	Quantity
Medical Nutrition Counselling	Monthly	25 Minutes
Movement (Session)	2 Times per month	30-60 Minutes (optional)
Medical (typically every 6- 8 weeks)	Variable	20 Minutes

Many health plans offer coverage for medically supervised weight management programs. We provide receipts immediately after each session to ensure you can submit this to your insurance provider in a timely manner. Please contact us if you need assistance. At the discretion of Dr. Gardizi, you may also have access to Cognitive Behavioural Therapist (CBT) during the program.