

OUR PROGRAM

At Lahey, you will benefit from the expertise of medical doctors and professionals including dietitians, nurses and psychologists.

Contact us if you would like to learn more about how to lose weight and keep it off on your own.

The Medical Weight Loss program at Lahey Hospital & Medical Center is for you if you:

- Are 18 years or older
- Have a body mass index (BMI) of 25 or greater
- Have struggled unsuccessfully to lose weight on your own using conventional methods

Make An Appointment

Burlington: 781-744-1066

Peabody: 978-538-4880

Not sure of your BMI? The National Institutes of Health offers a confidential, easy-to-use BMI calculator. You simply enter your height and weight, and your BMI is instantly calculated

We Make It Simple to Get Started

Just take these steps toward improving your health!

- Choose which of our two locations – Burlington or Peabody – is best for you, and check with your insurance company about coverage (we accept most insurances).
- Call to schedule your initial group appointment with our registered dietitian to gain the tools needed for immediate weight loss.
- Then schedule an appointment with our obesity medicine physician to further individualize your treatment.
- Have regular follow-up appointments with the dietitian and obesity medicine physician to track your progress and adjust your plan as needed.
- Join a weekly support group if desired.
- As appropriate, meet with a psychologist for supportive counseling in an individual or group setting.