

MEDICAL ASSESSMENTS FOR HEALTH TRANSFORMATION

Centre for Integrative Health utilises a non-dieting, health-focused approach to treating emotional eating, chronic dieting and binge eating behaviours. This approach aims to reduce weight and shape preoccupation to assist clients in implementing and sustaining health behaviours for emotional and physical wellbeing. As such, clients are encouraged to measure health behaviours and outcomes that more accurately representative of health independent of body mass. Your support with this approach is greatly valued and appreciated. Please complete the below monitoring measures, as well as any you wish to track, to evaluate individual treatment progress.

Areas to be assessed	Pre-treatment measurements	Mid-treatment measurements	Post-treatment measurements
Blood Pressure			
Heart Rate			
Fasting Blood Glucose			
Thyroid Function Testing			
Lipid Profile			
Psychological evaluation (e.g. stress, depression, anxiety)			