

AN EXCITING NEW CHAPTER

FOR YOUR HEALTH JOURNEY AT NEW HORIZON MEDICAL

Dear Patients,

We have some exciting news to share about a positive change to our clinic's structure. For over a month, we've been piloting a new approach with a small number of patients: **group visits**. We've seen incredible results, with participants reporting they feel happier and are achieving better weight loss outcomes.

Starting on **October 1, 2025** we will be transitioning to a new model where group visits will replace your weekly individual appointments for three weeks out of every month. This change allows us to offer enhanced support, a greater sense of community, and a space for shared success.

WHAT YOU NEED TO KNOW ABOUT YOUR NEW VISITS:

Group visits will be held 7 AM and 9 AM on Tuesday, 9 AM on Wednesday, 7 AM, 9 AM, 3 PM, and 5:30 PM on Thursday, 7 AM on Friday and 7 AM Saturday mornings. These sessions will replace your standard weekly check-ins.

- The last full week of every month will be dedicated to individual appointments. This is a chance to address any personal medical or medication concerns and fine-tune your unique nutrition and weight loss plans.

“Should any medical issues arise before the end of the month, we can set up a telehealth appointment for you with one of our medical practitioners. Just inform a staff member, and we'll take care of the arrangements.”

We are so excited for you to experience this new, supportive community. We believe this new model will help you achieve your goals more effectively while connecting you with others on a similar path.

If you have any questions, please don't hesitate to ask your team.

Sincerely,
Your New Horizon Team

