

2021 GMOS clinic scholarship award for 12 full months of specialty medical care

As the coronavirus pandemic continues, we see the negative effects of carrying excess weight in greater hospitalization, more need for breathing support and higher death rate in people with increased BMI ratios.

To combat this stress on the Gainesville community, GMOS clinic is offering a full scholarship for 12 months of free medical care to help 3 award winners manage their weight, get healthier and feel better. Included in the scholarship are: office visits, basic medical labs, one or two supplements if appropriate and a prescription medicine if appropriate and available.

Window for applying will be January 1, 2021 and only the first **50 applications will be eligible for review.**

The scholarship application will be posted on the website for applicants to fill out and email into a special office email.

To minimize implicit bias, reviewed applications will not include any names, gender, or racial identity. All applicants will be given a unique number generated by an uninvolved team member using random number generation. The final choice of the scholarship winners will be Dr. Larimer's.

Entry guidelines

BMI must be 30.0 or greater <https://gmosclinic.com/our-program/bmi-calculator/>

Age range 18-35

Income level--equal to or less than, 300% of poverty line (Proof of income status is only required if selected). Applicants must be able to afford their own food.

The scholarship program is unable to accept people with heart disease, diabetes on insulin, uncontrolled hypertension, patients with kidney disease, or patients with severe mobility restrictions.

Patients willing to commit to a minimum of six months of care.

Patients willing to commit to limit alcohol intake to 4 or less alcoholic drinks per month.

Please do not apply if pregnant or desiring to become pregnant in the next 6 months.

No or limited marijuana use while on weight loss (unless needed for seizures/pain)

Unless otherwise discussed, daily calorie intake limit will be between 1000 to 1400 calories based on age, gender and starting weight.

Winning applicants will be screened in person. if at any time the applicant is found to have any health (physical or mental) issues which would make continuing the program unsafe for them, they will be considered ineligible.

Application will include financial review and review of all medications, past medical history, social history, and weight loss history. A short paragraph from each applicant about their personal motivation to take on a weight managing lifestyle commitment.

Winning candidate selection will be factored by medical need, financial need, and ability to commit to following our required behavioral and nutritional guidelines.

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Name _____ Age _____

Annual Household Income _____ Number of people in household _____

Are you currently employed? _____

Do you work at a sitting, standing, or walking type of job? _____

(sitting, walking, in and out of a car/truck, all day active movement)

Social health history

Are you currently a tobacco smoker? _____ pot (marijuana) smoker? _____

Amount of alcohol per week (beer, wine, hard liquor) _____

Weight History

Current Weight _____ Height _____

Any History of weight loss surgery? _____ When _____ Type of Surgery _____

How many times have you lost more than 15-20 lbs. or more and regained it?

0-2 _____ 3-5 _____ 6 or more times _____.

Family History (check off any disease that any blood relative has)

Diabetes _____ High Blood Pressure _____ Heart Attack _____

Stroke _____ Obesity _____ Cancer _____ Type _____

Thyroid Disease _____ Arthritis _____ Depression _____

Your Medical History--please let us know if you have any of the following:

Diabetes _____ Glaucoma _____ Thyroid Disease _____ High Blood Pressure _____

Heart Disease _____ Kidney Disease _____ Liver Disease _____ Arthritis _____

Medications you take: (if none leave blank)

Medications List:

Are you allergic to or unable to take any medications? Please list _____

What is your personal motivation to take on a weight managing lifestyle commitment?

Please email completed application to staff@GMOSclinc.com.