

# Weigh Smart<sup>®</sup> Jr. Program



**Mt. Washington Pediatric Hospital**  
1708 West Rogers Avenue  
Baltimore, MD 21209 • (410) 367-2222  
[www.mwph.org](http://www.mwph.org)



Mt. Washington Pediatric Hospital's *Center for Pediatric Weight Management & Healthy Living* offers, for ages two to seven, our

## Weigh Smart® Jr. Program

**Weigh Smart® Jr.** is a program for weight management of toddlers and preschool-aged children involving medical, nutritional, educational and behavioral components. The goal is to help children acquire healthy eating and exercise habits that last a lifetime. Each child will participate in a one-on-one clinical assessment with our pediatric gastroenterologist and pediatric psychologist. Upon completion of the evaluation, the family will be referred to a pediatric dietitian and may also be referred to a pediatric psychologist.

The **Weigh Smart® Jr. Program** is open to children ages two to seven years old. The sessions must be attended by the child and parent(s) and will focus on lifestyle changes and healthy dietary choices for the family.

### Admission Criteria:

Please call 410-578-5343 or 410-578-5342 to discuss current admission criteria. Please refer to the web address [www.mwph.org](http://www.mwph.org) for more information.

### Program Costs:

Your insurance company will likely require pre-authorization and referrals from the child's primary care provider for these services. It is each family's responsibility to understand their own coverage and requirements. We will bill your insurance company for the services and collect co-pays and deductibles at the time of service. Mt. Washington Pediatric Hospital does provide financial assistance and/or payment plans to families that qualify as part of its commitment to providing the highest quality pediatric health care in a nurturing environment.

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*Mt. Washington Pediatric Hospital: Advancing the care of children. A jointly owned corporate affiliate of the University of Maryland Medical System and the Johns Hopkins Health System.*