

Our Team.



Derrick Williams, MD, medical director, IU Health Ball Memorial Medical Weight Loss, has been practicing internal medicine in Muncie for eight years, where he focuses on preventive health and maintaining healthy lifestyles. He looks forward to bringing his passion for health and fitness to IU Health Ball Memorial Medical Weight Loss.



Mandy Puckett, MA, RD, CD, is a registered dietitian and is manager of Nutrition & Weight Management Systems. She has received a Certificate in Adult Weight Loss Management through the Academy of Nutrition & Dietetics.



Cindy O'Dell, MA, RD, CD, serves as the outpatient dietitian for the medical and surgical weight loss programs.



Jami Rosenbaum, is an Insurance Verification Specialist at the Bariatric Center. Jami is passionate about patient education and helping patients reach their goals to move to a healthier weight.



Karin Gaither, CMA is a certified medical assistant that works with both programs.

Not pictured:

Behavioral Health Specialist

Exercise Specialist

For more information on the medically supervised weight loss program, call 765.747.4410, email mpucket1@iuhealth.org or visit iuhealth.org/ball-memorial/bariatric-services.

IU Health Ball Memorial Hospital Bariatric and Medical Weight Loss is located at 2901 W. Jackson, St., Muncie, IN 47304.



Ball Memorial Hospital

Discover the strength at iuhealth.org/ball-memorial

©2017 IUHealth 02/17/17



Indiana University Health Ball Memorial Hospital Bariatric and Medical Weight Loss.

Medical Weight Loss



Ball Memorial Hospital

The New Direction System offers two multi-disciplinary weight management programs- New Direction Very Low Calorie Diet (VLCD) and New Direction Low Calorie Diet (LCD). These programs offer the following benefits:

- Programs and product guidance by New Direction with over 30 years of weight management experience.
- Medically based and supervised by a team of healthcare professionals- physicians, dietitians, behavioral counselors and exercise specialists.
- Sound information about nutrition, exercise and healthy lifestyle behaviors.
- Professional and peer group support to help form new eating and exercise habits that promote better weight management skills.
- Time-tested Medical protocols provide clarity for staff and increase dieter compliance.

New Direction VLCD.

- A medically supervised rapid weight loss program designed for individuals with a BMI over 27 with co-morbidities.
- Four nutritionally complete, high protein, low carbohydrate servings daily provide the sole source of nutrition during the Reducing Phase.
- Provides 100% of the RDI for 24 vitamins and minerals in easily digested servings.
- Offers a large variety of great tasting products.

Four Phase Approach.

Screening.

- Patients are medically screened to see if it is safe for them to participate in the New Direction program. The screening process includes a physical examination, review of medical history and laboratory testing.

Reducing.

- (Active weight loss) Using the system's nutritional products, participants begin to learn and practice weight management skills without the influence of food. Four nutritionally complete beverages daily.

Adapting.

- (Transition to grocery food) Practicing newly acquired eating and exercise habits, participants gradually return to grocery meals while still allowing them to stay in control of their eating.
- Two – three nutritionally complete beverages daily.

Sustaining.

- (Maintenance) Continuing support using relapse prevention and individualized meal plans to help patients live a healthier lifestyle
- One – two beverages daily as required.



Cost and Insurance.

The out-of-pocket cost of the program depends on the diet plan chosen (number of meal replacements prescribed), and the amount of time in the program. Meal replacements are affordable. Most people spend less money using meal replacements compared to eating out and grocery food.

Office visits, lab work and any additional medical tests are submitted to your insurance, but there may be co-pays based on the insurance plan. Meal replacements are typically not covered by insurance.

