

## Our Services

NTC Community Clinic offers a wide variety of medical services as a full family practice that welcomes all patients. From Medicare Annual Wellness Visits to medically supported weight loss, our friendly and professional medical staff provide dedicated and quality healthcare for you and your entire family.

The NTC Community Clinic is the Ninilchik Tribe's Indian Health Service provider and any IHS eligible person or family can be seen at the clinic regardless of tribal affiliation.

We accept over 60 kinds of insurance including: Medicare, Medicaid, VA, and Tricare, as well as numerous private insurances. The NTC Community Clinic is a preferred provider for patients enrolled with Blue Cross Blue Shield of Alaska. We also accept credit card payments for uninsured patients.



### Our mission statement is:

Committed to providing compassionate, culturally appropriate, quality healthcare to all people.

## Our Locations

For Medically Assisted Weight Loss Appointments

### Ninilchik

15765 Kingsley Rd.  
Ninilchik, AK 99639

**(907) 567-3970**



### Homer

4047 Bartlett St.  
Homer AK 99603

**(907) 206-2730**



**Our clinics are open to the public and accept Medicaid, Medicare, VA and most insurance.**

### Ninilchik Traditional Council Community Clinic

15765 Kingsley Road  
PO Box 39368  
Ninilchik, AK 99639

Phone (907) 567-3970  
Homer (907) 206-2730  
Fax: (907) 567-3902  
[www.ninilchiktribe-nsn.gov](http://www.ninilchiktribe-nsn.gov)



Ninilchik  
Traditional Council  
Community Clinic

Medically  
Supported  
Weight Loss  
Program





## Why Medically Supported Weight Loss?

This program provides patients with a personalized weight loss plan based on medical history, current diagnosis, abilities, lab results, personal situation, and personal goals.

Body composition is carefully assessed regularly to help assure positive results. Targeted resources are provided to help you safely lose weight and keep it off. This program is holistic and values patient's surroundings and values, with a focus on helping change habits for long-term success. Medications can be paramount in this journey and are individually applied with patient input and consent.

Nutritional counseling, coaching and patient care is provided by Kristie Finkenbinder, APRN. This program integrates her experience, research, and advanced education in evidence-based interventions with leading edge and integrative weight loss practices.

- Personalized and compassionate
- Primary care-based
- Billable to insurances
- Positive and uplifting
- Targeted individualized meal plan
- Weight loss for improved health

## How to Get Started

### Schedule a Consultation

- 30-minute billable visit to explain tenants of program
- Brief review of medical history, current medications, last physical labs
- Review weight history and previous experience
- Assess for needed updated physical and additional labs needed or unresolved problems
- referrals if needed
- assess readiness.

### Schedule Intake visits - Usually two

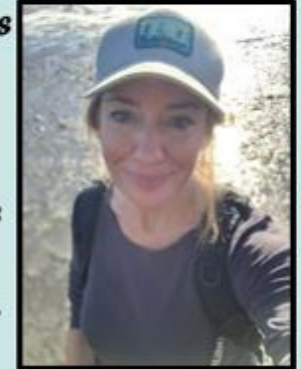
- Folder issued
- Review physical and labs
- Body composition and measurements
- Assess preferred activities
- Further assessment of physical and lifestyle attributes causing weight gain
- Choose meal plan and calculate calories
- Assess food log create weight goals activity goals and prescription and nutritional goals and plan



## Kristie Finkenbinder, APRN

*Kristie has 17 years of nursing experience with the last 7 years as an NP.*

*She works as a Primary care Provider as well as treating obesity in the medical setting.*



*In her work thus far, she has truly enjoyed coaching her weight management patients and witnessing their realized changes in habits needed for sustainable change. It brings true joy to her practice, and she welcomes new faces. She has a strong history in exercise science and was formerly certified through American College of Sports Medicine. She has continued her advanced education by reading books compiling the latest publicized research in human metabolism and she has studied nutrition through Institute of Functional Medicine. Additionally, she is working on attaining the highest credentials an NP can obtain for obesity medicine through the Obesity Medicine Association.*