

WELCOME TO THE



CENTER FOR
MEDICAL WEIGHT LOSS

OPTIFAST® PROGRAM



OPTIFAST®

OUR TEAM

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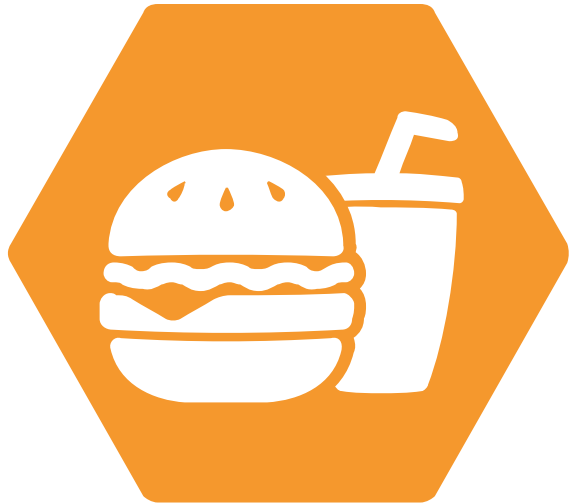
Lori Nieman, RN
Registered Nurse

Natalie Livingston, RD, LD
Dietitian/Educator

Bill Nelson, LPC
Behaviorist

BECAUSE OUR UNIQUE AMERICAN LIFESTYLE OFTEN LEADS TO OBESITY¹

Super-sized meals



Sedentary lifestyle



High-calorie food-filled environment



OBESITY IS A GROWING MEDICAL CONCERN

- The prevalence of obesity in the United States is high
- Population data suggest that the number of adults with BMI ≥ 30 kg/m² (the measure for obesity) more than doubled between 1990 and 2008¹
- Projected rates of adult obesity may reach **50%** by 2030¹

BMI, body mass index, is a measure of body fat using a formula that divides a person's weight in kilograms (1 kg=2.2 lb) by the square of their height in meters (1 m=3.3 ft)



More than **40% of US adults** are considered to be either obese or severely obese²



Obesity is **STRONGLY LINKED** to diabetes, hypertension, coronary heart disease, stroke, certain cancers, obstructive sleep apnea, osteoarthritis, and decreased reproductive performance³

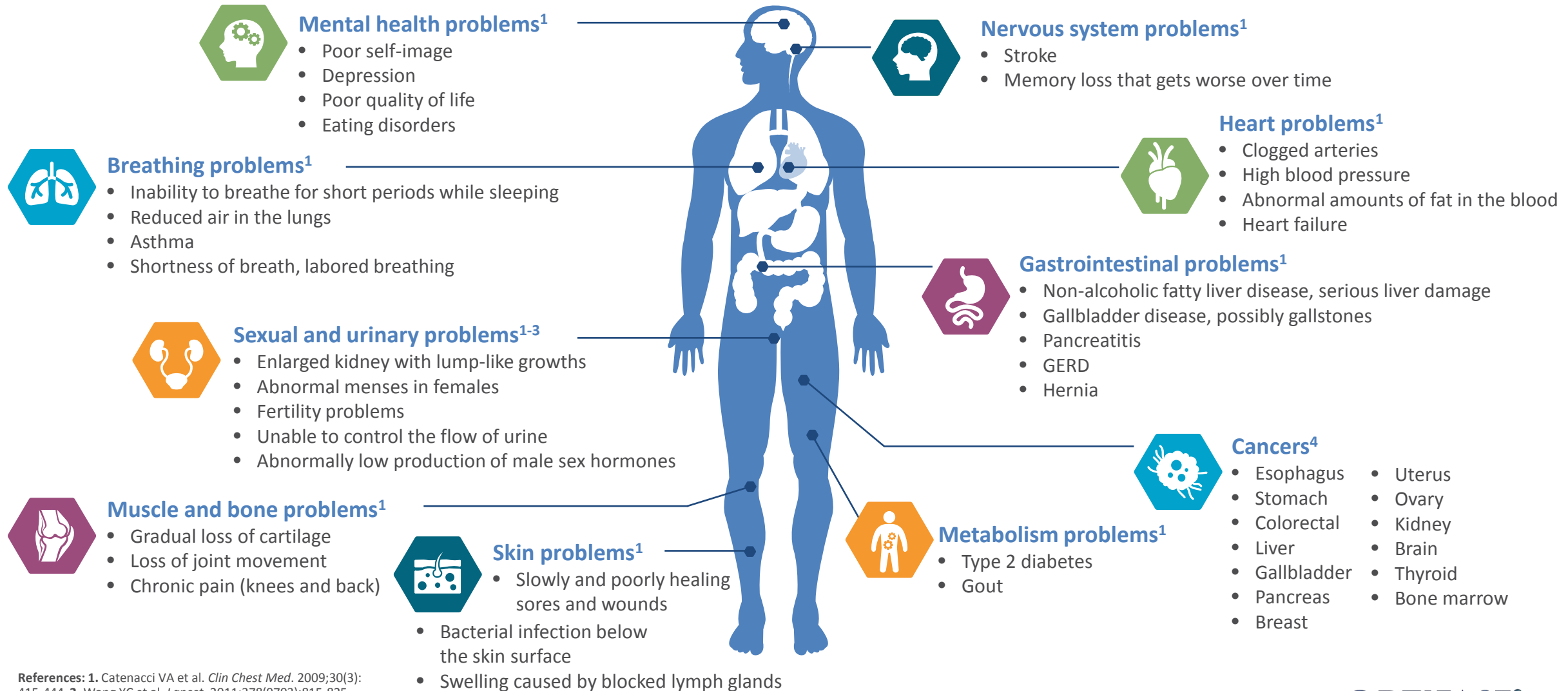


The cost of treating obesity-related conditions in the United States is more than **\$147 BILLION** per year⁴



Individuals with obesity pay, on average, **42%** more for overall healthcare costs and spend **80%** more on prescription medications⁴

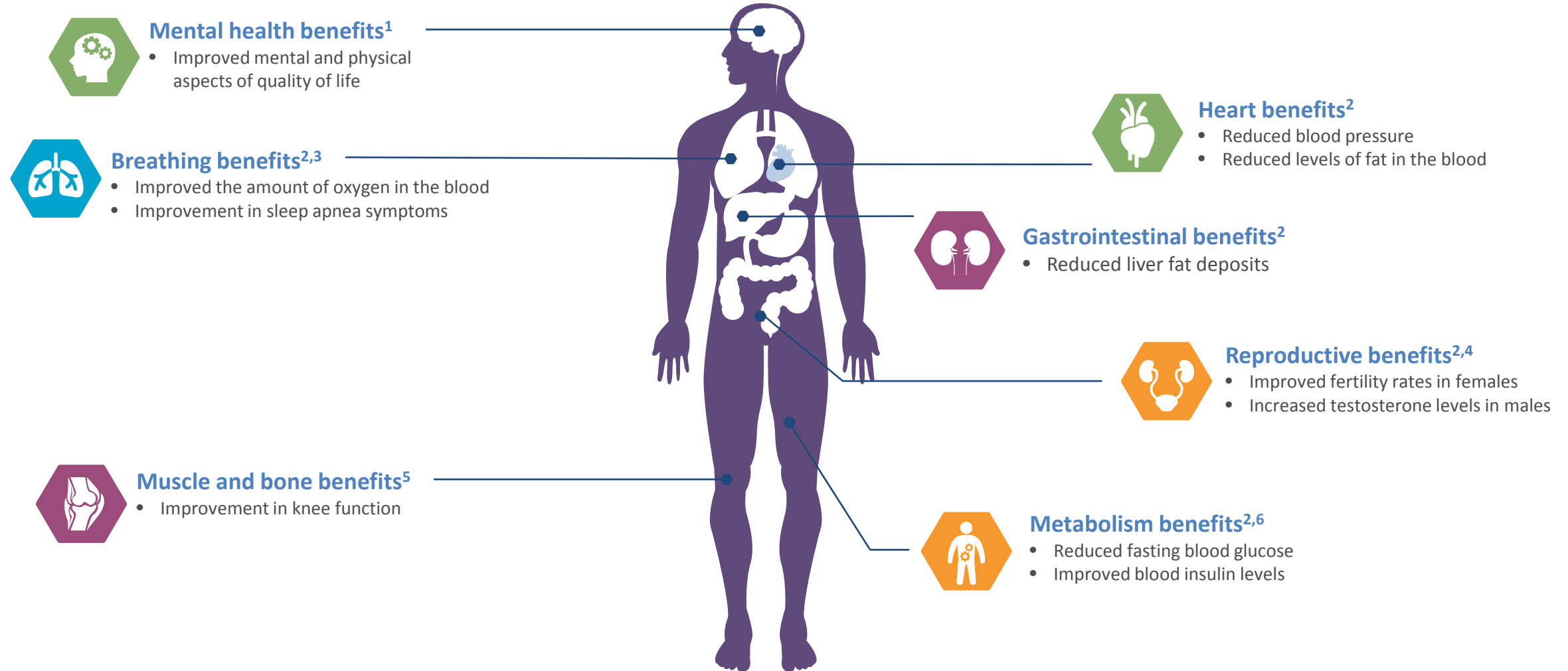
OBESITY is associated with many health problems



References: 1. Catenacci VA et al. *Clin Chest Med.* 2009;30(3):415-444. 2. Wang YC et al. *Lancet.* 2011;378(9793):815-825. 3. Wu FCW et al. *N Engl J Med.* 2010;363(2):123-135. 4. Lauby-Secretan B et al. *N Engl J Med.* 2016;375(8):794-798.

WEIGHT LOSS DRIVES IMPORTANT HEALTH BENEFITS

in studies with total diet replacements and meal replacements



References: 1. Catenacci VA et al. *Clin Chest Med.* 2009;30(3):415-444. 2. Mulholland Y et al. *Br J Nutr.* 2012;108(5):832-851. 3. Tuomilehto HPI et al. *Am J Respir Crit Care Med.* 2009;179(4):320-327. 4. Niskanen L et al. *Diabetes Obes Metab.* 2004;6(3):208-215. 5. Christensen R et al. *Osteoarthritis Cartilage.* 2005;13(1):20-27. 6. Drawert S et al. *Obesity Res.* 1996;4(S1):67S. Abstract P123.

THE WEIGHT LOSS SPECTRUM

- There is a wide scope of weight loss options available to patients with obesity
- Options range from less intensive—such as do-it-yourself diets—to more intensive, such as medically supervised weight loss programs and bariatric surgery
- As BMI and health risks increase, so does the need for a more intensive approach to weight loss
- Medically supervised weight loss through a program such as the **OPTIFAST®** program is clinically proven to help patients lose weight^{1,2}

BMI 25-29



DO-IT-YOURSELF

- Books
- Retail diets
- Meal substitutes
- Functional foods
- Natural foods
- Fitness clubs



PARTIALLY PERSONALIZED

- Standardized counseling
- Direct-to-consumer programs



FULLY PERSONALIZED

- Tailored counseling and advice
- Prepared meals
- Some meal replacements

BMI ≥30

- Patients with obesity (BMI ≥30) and >50 lb to lose
- ≥1 comorbid condition, health at risk, intervention required



MEDICALLY MONITORED

OPTIFAST® program

- Clinical setting
- Full meal replacements
- Physical activity and behavioral counseling



WEIGHT LOSS MEDICATIONS

- Over-the-counter and prescription medications
- Varying mechanisms of action that assist with weight loss



BARIATRIC SURGERY

- Gastric bypass
- Gastric banding
- Sleeve gastrectomy

BROAD

INCREASING PATIENT COMMITMENT,
COST, AND MEDICAL NECESSITY

SELECTIVE

CHANGING YOUR RELATIONSHIP WITH FOOD

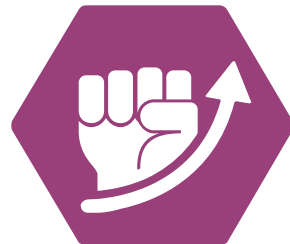
THE BENEFITS OF FULL MEAL REPLACEMENT



Diets using full meal replacements are associated with significant weight loss and greater weight loss than typical food diets by reducing dietary variety and providing portion control^{1,2}



Full meal replacement reduces food choices and provides the structure needed to ensure that patients consume a predictable number of calories for consistent weight loss¹



Limiting food choices through full meal replacement helps suppress food cravings²

CHANGING YOUR RELATIONSHIP WITH FOOD

OPTIFAST® MEAL REPLACEMENTS AND COUNSELING PROVIDE



OPTIFAST® PROGRAM

Why does the OPTIFAST® program work?

- The OPTIFAST® program succeeds because it treats the **WHOLE YOU**—not just your weight
- The OPTIFAST® program has been proven effective for over **40 YEARS** and cited in more than **80 publications**

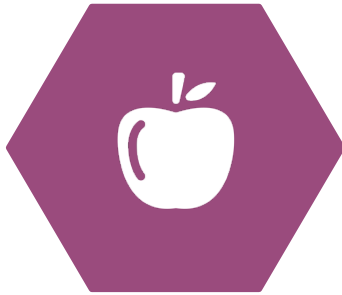


Each patient will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks

YOUR WEIGHT LOSS PLAN

A SPECIALIZED PROGRAM FOR MEANINGFUL WEIGHT LOSS

1. Obesity is a chronic disease caused by many factors.¹
2. It requires a lifelong effort to manage weight loss and maintain proper body weight.¹
3. Success means improved overall health and reduced health problems related to obesity.¹



The **OPTIFAST**[®] program uses medical, nutritional, and behavioral elements to help you



We offer a clinically proven, easy-to-follow plan



Full meal replacement program provides control of eating urges by decreasing food cues to help you control the amount and type of food you eat²

DELIVERING WEIGHT LOSS FOR HEALTH GAINS

HELPS YOU ACHIEVE WEIGHT LOSS SUCCESS

The clinically proven **OPTIFAST**[®] program is designed to help you lose weight under medical supervision to improve certain obesity-related health problems.^{1,2}

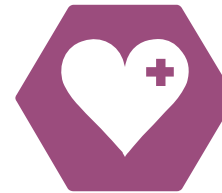
Over 26 Weeks:



**AVERAGE
WEIGHT LOSS**
approximately
50 lb^{1,2}



HIGH BLOOD PRESSURE
10%-15%
average decrease
in blood pressure²



HIGH CHOLESTEROL
15%
average decrease in
total cholesterol²



DIABETES
lower blood
glucose levels
compared to
starting point³

YOUR WEIGHT LOSS PLAN

OPTIFAST® PROGRAM OVERVIEW COMPONENTS



YOUR WEIGHT LOSS JOURNEY

Participation in the **OPTIFAST®** program includes 3 key phases designed to help you lose weight by helping to change your relationship with food and eating. Each participant receives an individual evaluation to customize the program to meet his or her needs.

PHASES



ACTIVE PHASE

During this phase you will consume only **OPTIFAST®** full meal replacement products while attending classes to achieve lifestyle modification.



TRANSITION PHASE

Self-prepared foods are gradually reintroduced into your diet, with continued weight loss, while you continue to attend classes with added food labs to help change the way you think about and approach food and eating



MAINTENANCE PHASE

You should continue to attend ongoing support sessions to help you maintain your weight loss and manage your weight in the future

COMPREHENSIVE OBESITY MANAGEMENT

Medical Monitoring



Evaluation and support of your health and well-being throughout the program

Exercise Guidance



Integrating activity into a weight loss program leads to greater success

Full Meal Replacement



Nutritionally complete (in 5 servings) with at least 24 key vitamins and minerals

Nutrition Education



Strategies for successful lifestyle change

Patient Support



Website and app for helpful information






Lifestyle Education



Lifestyle Education Series™ modules help you relearn how to approach food and eating

OPTIFAST® PRODUCTS NUTRITIONAL INFORMATION

Products and Nutritional Information per Serving

Product	Flavors	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Gluten Free	Suitable for Lactose Intolerance
 OPTIFAST 800® Ready-to-Drink Shake	<ul style="list-style-type: none"> • Vanilla • Chocolate • Strawberry 	160	16	18	3.5	3	Yes	Yes
 OPTIFAST 800® Shake Mix	<ul style="list-style-type: none"> • Vanilla • Chocolate • Strawberry 	160	16	18	3.5	3	Yes	Yes
 OPTIFAST 800® Soup Mix	<ul style="list-style-type: none"> • Tomato • Chicken • Vegetable 	160	16	18	3.5	3	Yes	Yes
 OPTIFAST 800® Bar	<ul style="list-style-type: none"> • Chocolate • Peanut Butter Chocolate • Apple Cinnamon 	160	16	18	4-5	3	No	Yes
 OPTIFAST HP® Shake Mix	<ul style="list-style-type: none"> • Vanilla • Chocolate 	200	26	10	6	0	Yes	No



CONTACT US

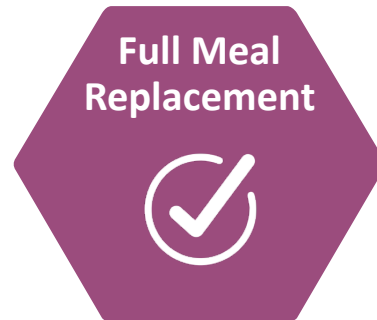
**CALL (256) 265-3072
TO SCHEDULE YOUR
INFORMATION SESSION**

OPTIFAST®

SUMMARY OF OPTIFAST® PROGRAM BENEFITS

The **OPTIFAST®** program can help you lose weight, which will help improve certain obesity-related health problems¹⁻³

- The **OPTIFAST®** program succeeds because it considers the **WHOLE YOU**—not just your weight
- The **OPTIFAST®** program has been proven effective for over **40 YEARS** and cited in more than **80 publications**



You will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks



**CENTER FOR
MEDICAL WEIGHT LOSS**

THANK YOU!

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