

# OPTIFAST<sup>®</sup>

The Optifast program is a medically supervised weight loss program that closely monitors and assesses progress towards better health and emotional well-being.

The program utilizes a meal replacement plan that transitions to self-prepared 'everyday' meals, in conjunction with comprehensive education and support. The meal replacements are a combination of bars, shakes and soups in a variety of different flavors. When you return to self-prepared foods, you will be better equipped to manage your weight long term. During your journey with Optifast, our team of health care professionals will work to ensure that the medications you are taking, and/or the calorie level of your diet are adjusted accordingly, making your weight loss both safe and effective.

At WINH, we offer a variety of different Optifast programs to reach your weight loss goals and improved health.

1. **18 Week "Full" Program:** Caloric intake will be around 800-900 calories per day and you will consume only Optifast products for the first 12 weeks. After the first 12 weeks of the program, you will slowly transition to self-prepared "everyday" meals. You are required to meet with our medical provider a minimum of four times during the program and recommended to attend weekly nutrition classes. Once you have completed the program in full, you are entitled to attend weekly nutrition classes at no cost. This program produces greater weight loss and a higher level of commitment; average weight loss is 50 pounds.
2. **18-Week "Partial" Program:** Caloric intake is around 1200 calories per day and you will consume both Optifast products and a sensible meal every day for the first 12 weeks. After the first 12 weeks of the program, you will slowly transition to self-prepared 'everyday' meals. You are required to meet with our medical provider a minimum of three times during the program and recommended to attend weekly nutrition classes. Once you have completed the program in full, you are entitled to attend weekly nutrition classes at no cost. Average weight loss is 35 pounds.
3. **8-Week Optifast Program:** A shorter version of our "Full" Optifast program where you only consume Optifast products for the first six weeks and then transition to self-prepared 'everyday' meals. You are required to meet with our medical provider a minimum of two times during the program and recommended to attend weekly nutrition classes. Average weight loss is 20 pounds. *\*\*This program is offered three to four times a year. \*\**

The cost of each program varies depending on your insurance benefits. At WINH, we will check your insurance and give you an idea of what your out of pocket expenses will be. The cost of food will not be covered by insurance and averages \$12 per day. To learn more, attend a free informational session at WINH. Call (603) 527-2946