

OPTIFAST® Plan

The Weight Institute of New Hampshire offers many different options for achieving your personal weight goals. If you are ready to lose weight, gain control over your life and maintain a healthy lifestyle, we can help.

The Optifast® Program is a medically supervised weight management program that closely monitors and assesses progress towards better health and emotional well-being. The program utilizes a full meal replacement plan that transitions to self-prepared everyday meals, in conjunction with comprehensive patient education and support.

Before participating in the program, you will have a history and physical exam with our medical provider, lab work, and an EKG to determine whether or not the Optifast® Program is the appropriate treatment for you.

Program Options

1. **18-Week Full program:** Cost of food \$1615 (\$807.50 down and weekly payments)
 - a. Average 960 calories per day using 6 meal replacement products
 - b. Length of program is 18 weeks
 - c. Weekly lifestyle education sessions taught by a Registered Dietitian
 - d. Nurse Practitioner visits: minimum of four
 - e. Lab testing will be ordered regularly throughout the program
 - f. Regular attendance at weekly lifestyle education sessions is strongly recommended and three one-on-one visits with the Registered Dietitian
 - g. Regular activity is encouraged
 - h. Average weight loss 2-5 pounds per week

2. **18-Week Partial program:** Cost of food \$1150 (\$575 down and weekly payments)
 - a. Average 1225 calories per day using 4 meal replacement products plus 1 meal
 - b. Length of program is 18 weeks
 - c. Weekly lifestyle education sessions taught by a Registered Dietitian
 - d. Nurse Practitioner visits: minimum of three
 - e. Lab testing will be ordered regularly throughout the program
 - f. Regular attendance at weekly lifestyle education sessions is strongly recommended and three one-on-one visits with the Registered Dietitian
 - g. Regular activity is encouraged
 - h. Average weight loss 1.5-2 pounds per week

3. **8-Week Program:** Cost of food \$794 (\$397 down and weekly payments)
 - a. Average 960 calories per day using 6 meal replacement products
 - b. Length of program is 8 weeks
 - c. Weekly lifestyle education sessions taught by a Registered Dietitian
 - d. Nurse Practitioner visits: minimum of two
 - e. Lab testing will be ordered at least once while in the program
 - f. Regular attendance at weekly lifestyle education sessions is strongly recommended and three one-on-one visits with the Registered Dietitian
 - g. Regular activity is encouraged
 - h. Average weight loss 2-5 pounds per week

Weekly lifestyle education classes are held at the following dates and times:

18-Week Optifast: Monday's 12-1pm & Thursday's 5-6pm

8-Week Optifast: Thursday's 6-7pm

(Based on insurance coverage, costs may vary)