

OPTAVIA®



The Optimal  
Weight 5 & 1 Plan®  
An Introduction

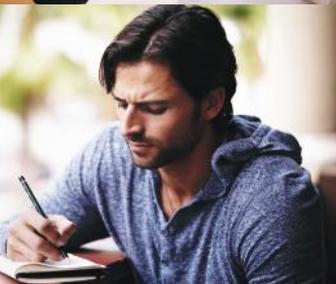
OPTIMAL WEIGHT

# 5 & 1 Plan®

Proven nutrition gets you where you want to go. Independent **OPTAVIA** Coaches make sure you never go it alone. The Optimal Weight 5 & 1 Plan could be perfect for you; it's a clinically proven plan that's simple and easy to follow. When you know what optimal nutrition looks like, healthy eating becomes second nature.

Let me show you the reason why people have chosen **OPTAVIA** to help them increase their health, confidence and vitality.





## Joining the **OPTAVIA** Community

Getting started is easy. Once you enroll in our program you'll receive some of the most popular Fuelings to get you going, along with lifestyle guides and tips. Everything comes directly to your doorstep and some of our **OPTAVIA** Clients start the very next day!

As a member of **OPTAVIA** Premier, you'll receive your Fuelings on a monthly basis to keep you in a gentle, but efficient fat burning state while on the Optimal Weight 5 & 1 Plan, as well as other benefits like free or reduced shipping and rewards\*. In your first month, you'll start to find your favorite Fuelings and see some new things you'll want to try. You'll be able to choose from dozens of delicious, convenient, nutritionally-interchangeable, scientifically designed Fuelings.

About three weeks into your journey, we will celebrate all of the progress you have already made and I will teach you how to customize your second order. As you get to know which Fuelings you prefer, you'll be able to place orders based on what works best for your lifestyle. Our goal is to help you reach and maintain your healthy weight, as we work together to help you stay on track by using the **OPTAVIA** App and additional resources.

\***OPTAVIA** Premier is our continuous auto-ship program, at no additional cost to you. When enrolled in Premier, you will be charged the same amount (less any applicable rewards) for your monthly orders which will be billed to your default payment method unless you cancel your membership. For complete Terms & Conditions, [click here](#).



## Daily Support

**Your independent OPTAVIA Coach is always there for you.**

Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.\* That's why one of the biggest differences we offer is your very own **OPTAVIA Coach**, and I'm here to support you!

I will be here to guide you, help you develop healthy new habits and make healthy decisions that can lead to Lifelong Transformation, One Healthy Habit at a Time®. I will support you, while keeping you accountable. We'll celebrate all of your successes together, the little ones and the big ones.

I'll contact you every week to talk about all the progress you've made; knowing that call is coming helps keep you on track!

## Community

**The OPTAVIA Community is really inspiring.**

As your **OPTAVIA Coach**, I'll be your main point of support and we will both be part of the **OPTAVIA Community**, which is full of thousands of like-minded, like-hearted people that help and encourage each other! The **OPTAVIA Community** is so important, so from time to time we will connect with others for tips to help you along your transformation.

There are local and virtual Community events, support calls and video calls and an amazing Nutrition Support Team. I know you're going to love our delicious family friendly Lean & Green recipes. There are so many to try! We also have dedicated Facebook pages that you can join, to connect with others on the journey to optimal health. We find it's a great place to share your triumphs, encourage each other and ask questions.

\*Appel, L.J., et al., *Comparative effectiveness of weight-loss interventions in clinical practice*. N Engl J Med, 2011. **365**(21): p. 1959-68; Harrigan, M., et al., *Randomized Trial Comparing Telephone Versus In-Person Weight Loss Counseling on Body Composition and Circulating Biomarkers in Women Treated for Breast Cancer: The Lifestyle, Exercise, and Nutrition (LEAN) Study*. J Clin Oncol, 2016. **34**(7): p. 669-76; van Wier M.F., et al., *Phone and e-mail counselling are effective for weight management in an overweight working population: a randomized controlled trial*. BMC Public Health, 2009. **9**: 6; and Donnelly, J.E., et al., *Comparison of a phone vs clinic approach to achieve 10% weight loss*. Int J Obes (Lond), 2007. **31**(8): p. 1270-6.

# Proven Nutrition

## **OPTAVIA makes nutrition simple.**

With the Optimal Weight 5 & 1 Plan, your body enters a gentle but efficient fat-burning state.

You'll enjoy six small meals a day, five of them are delicious, scientifically developed products, called Fuelings, and the sixth meal consists of cooked lean protein and veggies, it's what we call a Lean & Green meal. It's a healthy amount of lean protein and 3 servings of non-starchy vegetables. We also recommend that you drink 64 oz. of water a day.\* Staying hydrated is essential to your health and helps fight food cravings.

The Optimal Weight 5 & 1 Plan is a clinically proven plan and is easy to follow. All **OPTAVIA** Fuelings are nutritionally-interchangeable so you can grab whatever you enjoy at each meal. We'll also give you guides to follow and lots of different, easy, and tasty Lean & Green recipe ideas that you and your whole family will enjoy. Download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a robust library of Lean & Green recipes.

# Learning

## **OPTAVIA gives you learning for a lifetime of optimal health.**

**OPTAVIA** can help you achieve your healthy weight and what's even more exciting is that you'll soon see how a healthy weight can be the catalyst for bigger changes in your life.

That's why we are here to help you successfully maintain your optimal health and enjoy all the other benefits it can bring. Our Habits of Health® Transformational System will help you achieve Lifelong Transformation, One Healthy Habit at a Time.

You'll discover how to incorporate simple, easy and powerful healthy habits into everything you do. That's how **OPTAVIA** will help you get your mind and body working together to work for you!

# Simple & Convenient

## **A healthier you.**

While on plan, five of your six meals a day are provided so you may save time, effort and money in shopping, preparing and cooking, so you have more time to focus on becoming a healthier you.

You are just a few simple steps away from living your best life!

\* We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



## Your independent **OPTAVIA** Coach's Contact Info:

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
**OPTAVIA** Coach ID \_\_\_\_\_

### **MEDICAL DISCLAIMER:**

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® Program, Plans, Products or Kits if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the **OPTAVIA** Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any **OPTAVIA** Program, Plans, Products or Kits until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver, or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens Plan is the only **OPTAVIA** Plan appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity - if you fall into one of these categories, please consult your healthcare provider, refer to [OPTAVIA.com](https://www.optavia.com) and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** Plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the **OPTAVIA** website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any **OPTAVIA** ACTIVE® Plans and Products. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 ACTIVE Plan™ is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. **OPTAVIA** ACTIVE products are not recommended for individuals under 18 years of age.

**NOTE:** Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Program, Plans, Products and Kits are not labeled, advertised, or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** Programs, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. **OPTAVIA** does not prescribe or dispense medications.

As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, contact the **OPTAVIA** Nutrition Support Team, available Monday through Friday 8:00 AM-5:00 PM EST at 1.888.OPTAVIA (1.888.678.2842) or via text at 206.828.1605. You can also email at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).



1.888.OPTAVIA

[www.OPTAVIA.com](https://www.optavia.com)

Baltimore, Maryland

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