OVERVIEW FOR HEALTHCARE PROVIDERS

Your patient has made the fundamental choice to create health in their life by taking part in a comprehensive health improvement program. This program is intended to help people reach a healthy weight and develop the habits that create lifelong transformation in their health and wellbeing.

As your patient prepares to take their first step, we recommend he or she work closely with you as their healthcare provider, so that you are aware of the changes they will be making to their diet and lifestyle and can properly advise and monitor as you deem appropriate.

OPTAVIA is simple and easy to follow. This comprehensive approach to Optimal Health and Wellbeing includes four main components:

- **FUELINGS & PLANS** backed by science and based on nearly 40 years of experience of helping people get healthy.

- **OPTAVIA COACHES** to help support and steer your patient to success, one healthy habit at a time.

- **THE HABITS OF HEALTH® SYSTEM**, an innovative lifestyle approach that helps your patient replace unhealthy habits with healthy ones that contribute to long-term success.

- **OPTAVIA COMMUNITY** which consists of like-minded people who support each other during their transformation journey.

WHAT ARE OPTAVIA FUELINGS?

Portion-controlled, nutritionally interchangeable meal replacements that are carbohydrate-controlled and lower in fat and contain high-quality protein which helps retain lean muscle mass. OPTAVIA Fuelings are fortified with 24 vitamins and minerals and contain a patented probiotic, GanedenBC®. OPTAVIA Fuelings do not contain any colors, flavors, or sweeteners from artificial sources.

HOW DOES IT WORK?

For most, it starts with achieving a healthy weight using the OPTAVIA meal plans and Fuelings. Our proven Optimal Weight 5 & 1 Plan® creates a caloric deficit while controlling carbohydrate intake. This promotes a mild dietary ketosis which leads to weight loss while helping to preserve lean muscle mass. This fat-burning state also helps reduce physical hunger while providing sufficient levels of energy. On the Optimal Weight 5 & 1 Plan, your patient will have:

- **Six small meals per day, one every two to three hours**
- **800–1,000 calories per day**
- **80–100 grams of carbohydrate**
- **At least 72 grams of protein**
- **Less than 30% of calories from total fat**

Once your patient achieves their healthy weight, they will make the transition to lifelong healthy eating with our **Optimal Health 3 & 3 Plan®**. This meal plan is designed to help your patient sustain their healthy weight long-term by focusing on nutritionally balanced, small meals eaten every two to three hours, while integrating more food choices in the right portions.

For more information, refer to the **OPTAVIA Guide**.
OPTAVIA PROGRAM CONSIDERATIONS

It’s important to consider multiple aspects of one’s health when selecting which OPTAVIA plan fits best for your patient, including allergies, medication interactions, and general health conditions. This section highlights OPTAVIA’s specialized meal plan options and plan modifications for individuals who have unique dietary needs and/or preferences.

OPTIMAL WEIGHT 4 & 2 & 1 PLAN®

These meal plans are slightly higher in calories and carbohydrates than the Optimal Weight 5 & 1 Plan. They may be the right plan for your patient if they are looking to reach a healthy weight and have one or more of the following:

- Type 1 diabetes and are closely monitored by you, their healthcare provider
- Type 2 diabetes
- Are 65 years or older and not regularly active
- Exercise more than 45 minutes per day
- Have less than 15 lbs. or more than 100 lbs. to lose
- Wish to incorporate fruit, dairy, and starch into their meal plan

4 & 2 & 1 PLAN®

4 FUELINGS + 2 LEAN AND GREEN MEALS + 1 HEALTHY SNACK* (1,100 – 1,300 KCAL/DAY)

5 & 2 & 2 PLAN®

5 FUELINGS + 2 LEAN AND GREEN MEALS + 2 HEALTHY SNACKS* (1,300 – 1,500 KCAL/DAY)

For more information, refer to the Optimal Weight 4 & 2 & 1 Plan and Optimal Weight 5 & 2 & 2 Plan Guides at Answers.OPTAVIA.com.

* A healthy snack is a serving of fruit, low-fat dairy, or starch.

SENIORS

People age 65 and older can use the Optimal Weight 5 & 1 Plan with 30 minutes of physical activity each day. A higher calorie meal plan may be recommended based on individual needs. For more information, refer to the OPTAVIA Seniors Guide.

DIABETES

While the Optimal Weight 5 & 1 Plan, Optimal Weight 4 & 2 & 1 Plan, and Optimal Weight 5 & 2 & 2 Plan can all be appropriate for people with diabetes, it is essential that you work closely with your patient to monitor blood sugar and medication dosages. Because the meal plans are lower in calories and carbohydrates compared to a usual diet, medications may need to be adjusted before starting. Continued medical monitoring will be necessary throughout their weight loss journey. For more information, refer to the OPTAVIA Diabetes Guide.

OPTAVIA MEDICAL DISCLAIMER

We recommend that you consult your healthcare provider prior to starting any weight loss program. Do not use any OPTAVIA Program if you are pregnant or under the age of 13. The OPTAVIA for Teens plan is the only OPTAVIA program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any OPTAVIA Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, including food allergies, refer to our program information online and talk to your OPTAVIA Coach.

When following a weight-loss program, talk with your healthcare provider about any medications, especially Coumadin® (warfarin), lithium, diabetes medication or medications for high blood pressure.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness or gastrointestinal disturbances.

We recommend drinking 64 ounces of water each day. Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications. This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.

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