Seniors Guide

Lifelong Transformation, One Healthy Habit at a Time®
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Welcome to OPTAVIA!

At OPTAVIA, we believe you can live the best life possible, but that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

For older adults, achieving a healthy weight and learning healthy habits are great ways to increase your health and vitality. If you are 65 or older, this guide will help you use our Fuelings and Programs safely and give you the information you need to get started on your journey towards optimal health.
Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin (warfarin), lithium, thyroid medications, etc.).

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® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program 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 Program 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, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to 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, 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 that 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.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning 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 Programs and products are not labelled, 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, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. 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, call Nutrition Support at 1.888 OPTAVIA or email at nutritionsupport@OPTAVIA.com.
Getting Started

Choosing a Meal Plan

OPTAVIA works because it’s simple and easy to follow. The Optimal Weight 5 & 1 Plan®, Optimal Weight 4 & 2 & 1 Plan®, and Optimal Weight 5 & 2 & 2 Plan® are appropriate for those 65 or older; however, it is essential that you contact your healthcare provider to determine which option is best for you.

While any of our plans are appropriate, the Optimal Weight 5 & 1 Plan is recommended only for healthy and active seniors with fewer than 100 pounds to lose. Active means you spend an average of 30 minutes a day engaging in exercise such as walking, strength training, swimming, jogging, etc. Being active helps promote the maintenance of lean muscle mass as you lose weight and is an important component of the program. If you prefer to do more than 45 minutes of strenuous exercise per day, we suggest you use the Optimal Weight 4 & 2 & 1 Plan or Optimal Weight 5 & 2 & 2 Plan.
Meal Plan Components

Each meal plan has some variation of the following components: Fuelings, Lean & Green meals, healthy fats, healthy snacks, and extras. On the pages that follow, you’ll find a description of each plan component and lists of foods you can enjoy on our plans.
OPTAVIA Fuelings

All OPTAVIA plans allow you the flexibility to choose from more than 50 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings. OPTAVIA Fuelings are clean label, and do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains GanedenBC30® probiotic cultures, which help support digestive health, as part of a balanced diet and healthy lifestyle. In addition to your Fuelings, you’ll learn healthy habits - how to make Lean & Green meals and choose healthy snacks for you and your family. When you understand what optimal nutrition looks like, healthy eating becomes second nature™.
become your most fulfilled you
What is a Lean & Green Meal?
A Lean & Green meal includes 5 to 7 ounces of cooked lean protein plus three servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices.

Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

If you are dining out or tracking your intake, use the following Lean & Green Meal Nutritional Parameters to help guide your choices:

<table>
<thead>
<tr>
<th>Lean &amp; Green Meal Nutritional Parameters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Carbohydrates</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat</td>
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</tbody>
</table>

Healthy Fats
Every day, incorporate up to two servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. A serving of healthy fat should have 5 grams of total fat and less than 5 grams of carbohydrate. You’ll find a list of healthy fat choices on page 12.

Lean & Green Meal: The "Lean"
Lean Tips:
• Portion size recommendations are for cooked weight
• Choose meats that are grilled, baked, broiled, or poached – not fried.
• Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
• Feel free to choose meatless options like tofu and tempeh.
For a complete list of meatless options, please refer to our Vegetarian Information Sheet or contact Nutrition Support at NutritionSupport@OPTAVIA.com.

Choose the appropriate serving size of any protein from the list on the following pages. We’ve sorted protein options into lean, leaner, and leanest. All options are appropriate for the Optimal Weight 5 & 1 Plan; this just helps you make informed food choices.

For any protein option not on the list, you may use the following nutritional information to determine if it is appropriate on the OPTAVIA Program:

<table>
<thead>
<tr>
<th>“Lean” Portion of the Lean &amp; Green Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Carbohydrates</td>
</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Fat</td>
</tr>
</tbody>
</table>
**LEANEST:** Choose a 7 oz. cooked portion that has 0 - 4g total fat and add 2 Healthy Fat servings.

- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of liquid egg substitute or liquid egg whites
  - 5 oz. seitan
  - 1 ½ cups (12 oz.) 1% cottage cheese
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

**LEANER:** Choose a 6 oz. cooked portion that has 5 - 9g total fat and add 1 Healthy Fat serving.

- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95% - 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites
  - 2 whole eggs plus 1 cup liquid egg substitute
  - 1 ½ cups (12 oz.) 2% cottage cheese
  - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)
Healthy Fat Servings
A Healthy Fat serving should contain about 5g of fat and less than 5g of carbohydrates. Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- **Fish**: salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef**: steak, roast, ground
- **Lamb
- **Pork chop or pork tenderloin
- **Ground turkey or other meat**: 85% - 94% lean
- **Chicken or turkey**: dark meat
- **Meatless options**:
  - 15 oz. Mori-nu® extra firm or firm tofu (bean curd)
  - 3 whole eggs (up to two times per week)
  - 4 oz. (1 cup shredded) reduced-fat or part-skim cheese (3 - 6g fat per oz.)
  - 8 oz. (1 cup) part-skim ricotta cheese (2 - 3g fat per oz.)
  - 5 oz. tempeh
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

For a complete list of healthy fat options, refer to our Condiment & Healthy Fat list online.
Lean & Green Meal: The "Green"

Choose three servings from our Green Options list for each of your Lean & Green meals. We’ve sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the Optimal Weight 5 & 1 Plan; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:
1 serving = ½ cup vegetables (unless otherwise specified) with ≤ 25 calories and ≤ 5g carbohydrate

### LOWER CARBOHYDRATE

1 cup: collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

½ cup: celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### MODERATE CARBOHYDRATE

½ cup: asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### HIGHER CARBOHYDRATE

½ cup: broccoli, red cabbage, chayote squash, collard or mustard greens (cooked), green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating, but on the Optimal Weight 5 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and brussel sprouts) to enhance your results. Once you’ve achieved your healthy weight, we encourage you to include ALL vegetables for long-term health.
Flavors of Home®
Our Flavors of Home line is the perfect answer to dinner when life’s just too busy for cooking. Each Flavors of Home option is a complete Lean & Green meal on the OPTAVIA Program—with the right portions of lean protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients that taste homemade but take only minutes to prepare.

Healthy Snacks
On the Optimal Weight 4 & 2 & 1 Plan and the Optimal Weight 5 & 2 & 2 Plan, you may incorporate a starch, fruit, dairy choice, or OPTAVIA Snack into one or two of your meal times. Remember to keep your meals at six per day, spaced two to three hours apart, for optimal blood sugar and hunger control.
While the Optimal Weight 4 & 2 & 1 Plan and the Optimal Weight 5 & 2 & 2 Plan do not add up to six, you’ll still be required to eat six times per day, mixing and matching the various plan components. Have fun with it! The combination of each plan component ensures that you get all the nutrition you need for healthy weight loss.

OPTAVIA Snacks
• Puffed Sweet & Salty Snacks
• Puffed Ranch Snacks
• Olive Oil & Sea Salt Popcorn
• Sharp Cheddar & Sour Cream Popcorn

Starch
A healthy snack serving of starch is:
• 1 slice whole-grain bread (3g or more fiber/slice)
• 2 slices low-calorie, light, whole-grain bread (about 40 calories/slice)
• ¾ cup cold whole-grain cereal such as bran flakes (3g or more fiber/serving)
• ½ cup cooked cereal
• ½ cup peas, corn
• 1 cup winter squash
• ¼ large (3 oz.) baked potato
• ½ cup cooked brown rice
• ½ cup cooked whole-wheat pasta
• ½ cup cooked beans or lentils

NOTE: Check the food label to be sure that the starch or grain products you choose are made from whole-grain sources, which should appear as the first ingredient on the list. Examples include whole wheat, whole rye, and whole oats.
Fruit

A healthy snack serving of fruit is:
• 1 small (4 oz.) piece of fresh fruit such as pear, apple, orange, etc.
• ½ cup fresh or frozen fruit
• 1 cup fresh, cubed melon such as cantaloupe, honeydew, etc.
• ¾ cup fresh berries
• ½ cup canned fruit such as peaches, pears, or fruit cocktail
  (choose fruit packed in water or natural juices, not syrup)
• 17 fresh grapes
• ½ large grapefruit
• ½ large or 1 extra-small banana

Dairy

A healthy snack serving of dairy is:
• ⅔ cup (6 oz.) low-fat yogurt (fewer than 120 calories)
• 1 cup unsweetened low-fat or fat-free milk (cow, soy, almond,
  or cashew)
• ½ cup fat-free evaporated milk

NOTE: Always choose low-fat or fat-free dairy foods. Cheese of any kind should not be
considered a dairy option and therefore cannot be counted as a healthy snack. See the
Vegetarian Information Sheet for information about including cheese as a lean protein
choice in your weight-loss plan.
Extras

Optional Snacks

On the Optimal Weight 5 & 1 Plan, you may choose ONE of these optional snacks daily. Talk to your independent OPTAVIA Coach about plan-approved optional snacks including:

- OPTAVIA Puffed Snacks
- OPTAVIA Popcorn
- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle
- ½ cup serving sugar-free gelatin, such as Jell-O
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickles spears
- ½ oz. of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)*

*Be mindful that nuts are a rich source of healthy fat and additional calories, so choose this optional snack sparingly.

Optional Condiments

Use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three condiment servings per lean and green meal.

Examples:
- ½ teaspoon most dried herbs and spices, pepper, catsup, BBQ, sauce, or cocktail sauce
- ¼ teaspoon salt
- 1 tablespoon minced onion, yellow mustard, salsa, soy sauce, low-fat or fat-free milk/soy milk
- 2 teaspoons lemon/lime juice
- 2 tablespoons sugar-free flavored syrup (Walden Farms, Inc., DaVinci, Torani, etc.)
- 1 packet zero-calorie sweetener
- 1 cup refrigerated, unsweetened original or unsweetened vanilla almond or cashew milk

For a more comprehensive list of condiments, healthy fats, and portion recommendations, talk to your OPTAVIA Coach.

Flavor Infusers

Infuse your water with flavors like Mandarin Orange and Mixed Berry!*

*Essential: Calorie Burn (Limit to three per day)
*Essential: Antioxidants
*Energy Infusers

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.
A day on the OPTIMAL WEIGHT 5 & 1 Plan
The Optimal Weight 5 & 1 Plan

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep yourself full and satisfied.

Day 1

Breakfast: 1st OPTAVIA Fueling
  • Old Fashioned Maple & Brown Sugar Oatmeal

Mid-Morning: 2nd OPTAVIA Fueling
  • Creamy Chocolate Shake

Lunch: 3rd OPTAVIA Fueling
  • Sour Cream & Chive Smashed Potatoes

Mid-Afternoon: 4th OPTAVIA Fueling
  • Frosted Cinnamon Spice Crisp Bar

Dinner: Lean & Green Meal
  • 5 oz. grilled salmon
  • 1½ cups cooked asparagus

Evening: 5th OPTAVIA Fueling
  • Chewy Chocolate Chip Cookie
The Optimal Weight 4 & 2 & 1 Plan

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep yourself full and satisfied.

Day 1

Breakfast: 1st OPTAVIA Fueling
• Old Fashioned Maple & Brown Sugar Oatmeal

Mid-Morning: 2nd OPTAVIA Fueling
• Creamy Chocolate Shake

Lunch: 1st Lean & Green Meal
• 6 oz. baked chicken
• 3 cups spring mix
• 2 tbsp low-carbohydrate salad dressing

Mid-Afternoon: 3rd OPTAVIA Fueling
• Frosted Cinnamon Spice Crisp Bar

Dinner: 2nd Lean & Green Meal + Healthy Snack
• 5 oz. grilled salmon
• 1 ½ cups cooked asparagus
• OPTAVIA Puffed Ranch Snack

Evening: 4th OPTAVIA Fueling
• Chewy Chocolate Chip Cookie
The Optimal Weight 5 & 2 & 2 Plan

This can be modified according to your own food preferences and schedule, but we recommend eating every two to three hours to keep yourself full and satisfied.

Day 1

Breakfast: 1st OPTAVIA Fueling + 1st Healthy Snack
• Old Fashioned Maple & Brown Sugar Oatmeal
• 1 cup low-fat milk

Mid-Morning: 2nd OPTAVIA Fueling
• Creamy Chocolate Shake

Lunch: 1st Lean & Green Meal + 3rd OPTAVIA Fueling
• 6 oz. baked chicken
• 3 cups spring mix
• 2 tbsp low-carbohydrate salad dressing
• Decadent Double Chocolate Brownie

Mid-Afternoon: 4th OPTAVIA Fueling
• Frosted Cinnamon Spice Crisp Bar

Dinner: 2nd Lean & Green Meal + 2nd Healthy Snack
• 5 oz. grilled salmon
• 1 ½ cups cooked asparagus
• OPTAVIA Puffed Ranch Snack

Evening: 5th OPTAVIA Fueling
• Chewy Chocolate Chip Cookie
Exercise

Daily exercise is essential to a healthy lifestyle and can help you achieve your optimal weight. So, if your healthcare provider says you are fit enough to exercise, try it! You’ll find fitness programs for older adults offered by community or senior centers, recreation departments, hospitals, fitness centers, churches, schools, or online. Strengthening your heart, lungs, and muscles, exercise also increases your flexibility and contributes to your overall physical fitness.

Set a goal to be physically active for at least 30 minutes every day. If you are new to exercise, have certain chronic diseases, or are taking medications, you should contact your healthcare provider to determine the best level of activity for you.
### Transition (Optimal Weight 5 & 1 Plan only)

Once you’ve achieved your healthy weight, make the transition to lifelong healthy eating. The Transition phase from the Optimal Weight 5 & 1 Plan gradually increases your calorie intake and reintroduces a wider variety of foods. The calories you need after transition to maintain your weight varies according to your height, weight, gender, age and activity level. This 6-week transition leads to an ultimate goal of fewer than 1,550 calories a day.

<table>
<thead>
<tr>
<th>Week</th>
<th>Target # of calories</th>
<th>Fuelings</th>
<th>Lean and Green Meals</th>
<th>Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>850 - 1,050</td>
<td>5</td>
<td>1</td>
<td>1 cup (2 servings) of your favorite vegetables (any kind)</td>
</tr>
<tr>
<td>2</td>
<td>900 - 1,150</td>
<td>4</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables ADD • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*</td>
</tr>
<tr>
<td>3</td>
<td>1,100 - 1,300</td>
<td>4</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* ADD • 1 cup of low-fat or fat-free dairy (1 serving)</td>
</tr>
<tr>
<td>4-6</td>
<td>1,100 - 1,550</td>
<td>3</td>
<td>1</td>
<td>In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* AND • 1 cup of low-fat or fat-free dairy ADD • 4 - 6-oz. serving of lean meat (1 serving)** AND 1 serving of whole grain (1 serving)***</td>
</tr>
</tbody>
</table>

*Fresh, or, if canned, unsweetened and packed in juice, not syrup.
**Grilled, baked, poached, or broiled – not fried.
***Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or ⅓ cup brown rice.
increase your health, confidence, and vitality
The Optimal Health 3 & 3 Plan

Continuing on your path toward optimal health

Once you’ve achieved your healthy weight, it’s crucial to maintain the good habits you’ve learned, including fueling your body every two to three hours. To help sustain your healthy weight, we’ve developed the Optimal Health 3 & 3 Plan. It focuses on nutritionally balanced small meals eaten every two to three hours while integrating more food choices in the right portions. Your OPTAVIA Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians.

To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals.
We're with you every step of the way

Talk to your independent OPTAVIA Coach
Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes OPTAVIA different from other programs. Lean on your OPTAVIA Coach for support as you begin your optimal health journey.

Develop your Habits of Health®
Dr. A’s Habits of Health® Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using these tools to transform yourself and others!

Stay motivated with daily inspiration
With your phone text the message "OPTAVIA30" to number 990-00 the day before you start your OPTAVIA 30 journey to receive daily quick tips, inspiration, healthy reminders, and much more!*

Learn from the OPTAVIA Community
Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products, and receive the support you need. Visit Answers.OPTAVIA.com for additional tools and resources.

Discover new, delicious recipes
Visit the OPTAVIA Pinterest page for Lean & Green meal recipes at Pinterest.com/OPTAVIA.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 990-00 and 760-00. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 990-00, email wecare@OPTAVIA.com or call +1 888 OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 990-00.
Your **OPTAVIA Coach** is your guide on your journey to Lifelong Transformation, One Healthy Habit at a Time.

**Contact Your OPTAVIA Coach**

Name  
ID#  
Phone#  
Email  
Your Client ID#  
Website  
Lifelong transformation, one healthy habit at a time.

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