Plan Overview

Lifelong Transformation, One Healthy Habit At A Time.™
Achieving a healthy weight with 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.

As you prepare to take the first step towards Optimal Health, share and discuss the OPTAVIA Plans outlined in this guide with your healthcare provider. We recommend you use this guide to talk about which plan is the best fit for your lifestyle and dietary needs.

OPTAVIA is simple and easy to follow.

• A comprehensive approach to Optimal Health and Wellbeing.
• Fuelings and Programs backed by science and based on nearly 40 years of experience of helping people get healthy.
• OPTAVIA Coaches to help support and steer you to success, one healthy habit at a time.
• Community of like-minded people who provide encouragement along the path to health, confidence, and vitality.
The Optimal Weight 5 & 1 Plan®

When you understand what optimal nutrition looks like, healthy eating becomes second nature. Our proven Optimal Weight 5 & 1 Plan jumpstarts your weight loss to help you reach your healthy weight. Your body enters a gentle, but efficient fat-burning state, which is essential to losing weight. While on the Optimal Weight 5 & 1 Plan, you will enjoy:

- Six small meals per day, one every two to three hours.
- 5 OPTAVIA Fuelings + 1 lean and green meal - a nutritionally balanced meal of protein, non-starchy vegetables, and healthy fats.
- 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.
OPTAVIA Fuelings

- More than 60 delicious, convenient, nutritionally interchangeable, scientifically-designed Fuelings to chose from.
- Each Fueling contains high-quality protein to help you retain lean muscle mass, and patented probiotic, GanedenBC30®, making a healthier digestive tract easier.
- Each Fueling is clean label and does not contain colors, flavors, or sweeteners from artificial sources.

Medical Conditions

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.).

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.

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.
The Optimal Health 3 & 3 Plan®

Once you’ve achieved your healthy weight, it’s crucial to maintain the good habits you’ve learned. 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, like the Optimal Weight 5 & 1 Plan®, while integrating more food choices in the right portions. To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals. For more information, refer to The Optimal Health 3 & 3 Plan Guide.
Specialized Programs

**OPTAVIA** offers programs for a wide range of individuals who have unique dietary needs and/or preferences and may not be able to do the Optimal Weight 5 & 1 Plan.

These plans are perfect for you if you prefer a flexible meal plan to help you reach a healthy weight. They are typically suitable for you if you:

- Have type 1 diabetes and are closely monitored by your healthcare provider.
- Have type 2 diabetes.
- Are 65 years or older and not regularly active.
- Exercise more than 45 minutes per day.
- Have less than 15 pounds to lose.
- Wish to incorporate fruit, dairy, and starch into your meal plan.
Optimal Weight 4 & 2 & 1 Plan®
• 4 Fuelings + 2 lean and green meals + 1 healthy snack*
• 1,100-1,300 calories per day

Optimal Weight 5 & 2 & 2 Plan®
• 5 Fuelings + 2 lean and green meals + 2 healthy snacks*
• 1,300-1,500 calories per day

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

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

Seniors
People age 65 and older can use the Optimal Weight 5 & 1 Plan with 30 minutes of physical activity every 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 are all appropriate for people with diabetes, it is essential that the individual’s healthcare provider monitors 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 by the healthcare provider will be necessary. For more information, refer to the OPTAVIA Diabetes Guide.
Nursing Mothers
Our OPTAVIA for Nursing Mothers Plan is designed for the nursing mother whose baby is over two months of age and who is providing the majority of the baby’s nutrition through breast milk. For more information, refer to the OPTAVIA for Nursing Mothers Guide.

Gout
Our OPTAVIA for Gout Plan promotes gradual weight loss and encourages food choices with only low or moderate amounts of purines. For more information, refer to the OPTAVIA for Gout Guide.

Teens
Our OPTAVIA for Teens Plans are specially designed to meet the nutritional needs of adolescent boys and girls, 13-18 years old. Do not use the OPTAVIA program if you are under the age of 13 years old. For more information, refer to the OPTAVIA for Teen Girls Guide or the OPTAVIA for Teen Boys Guide.

All OPTAVIA Guides can be found at Answers.OPTAVIA.com. You may also contact Nutrition Support at NutritionSupport@OPTAVIA.com with specific questions.
We're with you every step of the way

**Talk to your 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 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 this tool 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 plan 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.

**Discover new, delicious recipes**
Visit the OPTAVIA Pinterest page for lean and green meals and Fuelings 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.
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#LifelongTransformation