



## Medically Supported Weight Loss (MSWL) Plan/Product/Kits Frequently Asked Questions

For additional questions, please contact the Nutrition Support Team  
Monday through Friday from 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 the team at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).

### What OPTAVIA® Plan(s) and Products may be appropriate for a Client utilizing weight loss medications?

OPTAVIA offers clinically proven Plans, including the [Optimal Weight 5 & 1 Plan®](#) and the [Optimal Weight 4 & 2 & 1 Plan®](#) to support weight loss which can be an option for Clients utilizing weight loss medications. The OPTAVIA ACTIVE® Plans are also an option for those on weight loss medications.

As Clients lose weight, getting the proper nutrition is key. OPTAVIA Plans and Products provide high-quality protein. Consuming adequate amounts of high-quality protein, distributed evenly throughout the day, is important for retaining lean muscle mass during weight loss.

Alternatively, we offer the Nutrition Kit for Medically Supported Weight Loss and Muscle Health Kit for Medically Supported Weight Loss as a complement to balanced nutrition. These kits provide convenient sources of high-quality protein as Clients build a foundation for healthy eating.\* **We recommend Clients consult with their healthcare provider about the OPTAVIA Plans and Products to ensure they are appropriate for the individual's needs.**

### What suggestions do you have for Clients utilizing weight loss medications, who are having difficulty eating their Fuelings and/or Lean & Green™ Meal due to a reduced appetite?

The appetite level of individuals on weight loss medications will vary depending on type, dose, timing and individual response to the medication. The medication's effect on stomach emptying and blood sugar regulation will also play a role in the perception of hunger. If a Client's reduced appetite is negatively impacting their ability to obtain adequate nutrition and hydration, we recommend they consult with their healthcare provider.

OPTAVIA offers the following kits as a complement to balanced nutrition:

- OPTAVIA Nutrition Kit for Medically Supported Weight Loss
- OPTAVIA Muscle Health Kit for Medically Supported Weight Loss

These kits provide convenient sources of high-quality protein as a foundation for healthy eating.\* Clients will then incorporate additional foods from a variety of food groups, including fruits, vegetables, whole grains, protein, and low-fat or fat-free dairy products.

Clients may choose Fuelings and Lean & Green options that have less volume, like the OPTAVIA shakes (may decrease the amount of water added if desired) or bars, Flavors of Home® (counts as a complete Lean & Green Meal), low-fat cottage cheese, canned meat (e.g., tuna or chicken canned in water), eggs, and pureed or mashed vegetables. Clients may split the Lean & Green Meal in half if they are unable to tolerate the full portion at one time.

It is important for Clients to consistently check-in with their healthcare provider to ensure they are getting adequate nutrition given their reduced appetite.

\*OPTAVIA's Nutrition Kit for Medically Supported Weight Loss and Muscle Health Kit for Medically Supported Weight Loss are designed to complement a balanced, nutritious diet and do not provide adequate nutrition alone.

## What is included in the **OPTAVIA Nutrition Kit for Medically Supported Weight Loss?**

**OPTAVIA's** Nutrition Kit for Medically Supported Weight Loss teaches Clients how to eat better while they may be eating less on weight loss medications.

### The 30-day kit includes:

- **OPTAVIA** Fuelings. Each portion controlled, high protein Fueling is fortified with 24 vitamins and minerals to help fill the nutrition gap and satisfy hunger. Our Fuelings are also a good source of fiber to support healthy digestion.
- **OPTAVIA ACTIVE®** Whey Protein shake mix contains 24g of high-quality, complete protein to help retain lean muscle mass as Clients lose weight. Our whey protein contains no sweeteners, colors, or flavors from artificial sources and is easily digested and absorbed. Perfect to help Clients meet their daily protein nutrition goals.

### What's Included?

- Apple & Cinnamon Spiced Oatmeal
- Campfire S'mores Crisp Bar
- Chocolate Mint Cookie Crisp Bar
- Cinnamon Sugar Sticks
- Creamy Double Peanut Butter Crisp Bar
- Decadent Chocolate Brownie Mix with Greek Yogurt Chips
- Lemon Tart Crisp Bar
- Roasted Garlic Mashed Potatoes
- Smoky BBQ Crunchers
- **OPTAVIA ACTIVE** Whey Protein - Chocolate
- **OPTAVIA ACTIVE** Whey Protein - Vanilla



### Can I customize the **OPTAVIA Nutrition Kit for Medically Supported Weight Loss?**

The **OPTAVIA** Nutrition Kit for Medically Supported Weight Loss is customizable. All Fuelings are nutritionally interchangeable, allowing Clients the flexibility to choose from dozens of delicious, convenient, scientifically developed Fuelings. Clients may also select their preferred flavors of **OPTAVIA ACTIVE** Whey Protein (available in Chocolate and Vanilla).

## What is included in the **OPTAVIA Muscle Health Kit for Medically Supported Weight Loss?**

**OPTAVIA's** Muscle Health Kit for Medically Supported Weight Loss is for Clients seeking a convenient source of high-quality protein.

### The 30-day kit includes:

- 2 **OPTAVIA ACTIVE** Whey Protein - Chocolate
- 1 **OPTAVIA ACTIVE** Whey Protein - Vanilla

## Can I customize the **OPTAVIA Muscle Health Kit for Medically Supported Weight Loss?**

The **OPTAVIA** Muscle Health Kit for Medically Supported Weight Loss is customizable. Clients may select their preferred flavors of **OPTAVIA ACTIVE** Whey Protein (available in Chocolate and Vanilla).



## What is the difference between the **OPTAVIA Nutrition Kit for Medically Supported Weight Loss** and **OPTAVIA Muscle Health Kit for Medically Supported Weight Loss?**

Both kits are designed to help teach Clients how to eat better while they may be eating less on weight loss medications. As Clients lose weight, getting adequate nutrition and retaining lean muscle mass is critical. The **OPTAVIA** Muscle Health Kit for Medically Supported Weight Loss aids in the retention of lean muscle mass while Clients lose weight. The **OPTAVIA** Nutrition Kit for Medically Supported Weight Loss does the same, while also providing Clients with portion controlled, nutrient dense Fuelings, each fortified with 24 vitamins and minerals to help fill the nutrition gap. **OPTAVIA** Fuelings are nutritionally interchangeable and make healthy eating convenient, as they require little to no preparation and can often be taken on-the-go.

## Should I take vitamin and mineral supplements in addition to **OPTAVIA's** Nutrition Kit for Medically Supported Weight Loss and **OPTAVIA Muscle Health Kit for Medically Supported Weight Loss?**

Clients utilizing **OPTAVIA's** Nutrition Kit for Medically Supported Weight Loss or **OPTAVIA's** Muscle Health Kit for Medically Supported Weight Loss should consider incorporating a daily multivitamin and mineral supplement from a reliable source to support overall health. We recommend Clients consult their healthcare provider if starting any dietary supplements. They can assess Clients' personal needs, provide recommendations, and monitor as they deem appropriate. Each **OPTAVIA** Fueling contains 20% of the daily value for at least 20 vitamins and minerals (note: vitamin D is 50% of the daily value per Fueling). For more information regarding the micronutrient content of the Fuelings, please contact the [Nutrition Support Team](#).

## Are the **OPTAVIA ACTIVE** Products appropriate for Clients utilizing weight loss medications?

Clients utilizing weight loss medications may experience a reduction in appetite, therefore it is important to ensure they are consuming foods that provide balanced nutrition. Refer to the [General Nutrition Guidance Sheet](#) for recommendations on general healthy eating such as incorporating high-quality protein with each meal. The **OPTAVIA ACTIVE®** Whey Protein provides high-quality, complete protein to help retain lean muscle mass as Clients lose weight. Both the **OPTAVIA** Nutrition Kit for Medically Supported Weight Loss and the Muscle Health Kit for Medically Supported Weight Loss include the **OPTAVIA ACTIVE** Whey Protein. While the **OPTAVIA ACTIVE Essential Amino Acid (EAA) Blend** also helps support healthy muscle during weight loss, it is best designed for use on the **OPTAVIA ACTIVE** Plans.\*

\***OPTAVIA's** Nutrition Kit for Medically Supported Weight Loss and Muscle Health Kit for Medically Supported Weight Loss are designed to complement a balanced, nutritious diet and do not provide adequate nutrition alone.

## What do we say to Clients who are concerned about the cost of their weight loss medication along with the **OPTAVIA** Products and Plan(s)?

We understand that each individual has different financial resources available to them. **OPTAVIA** provides a variety of Products and Plans to meet Clients where they are. While weight loss medications may help to jumpstart weight loss, proper nutrition, behavior, and lifestyle modification are essential for helping Clients achieve their long-term health goals. The Optimal Weight 5 & 1 Plan®, Optimal Weight 4 & 2 & 1 Plan® and **OPTAVIA** ACTIVE Plans are a convenient way for Clients to help obtain adequate nutrition while on a reduced-calorie meal plan. For individuals not utilizing an **OPTAVIA** Plan, the Nutrition Kit for Medically Supported Weight Loss and the Muscle Health Kit for Medically Supported Weight Loss can be used as a complement to balanced nutrition, helping to lay the foundation for healthy eating.\*

**OPTAVIA**'s Program, Plans and Products can be complementary to the weight loss medications, by offering a holistic approach to obesity management. Many of our Clients come to us first for weight loss, which acts as a catalyst for larger, holistic lifestyle changes. Dr. A's Habits of Health® Transformational System provides a pathway for developing healthy habits that may support long-term health.

## What does the **OPTAVIA** health assessment process look like for Clients utilizing weight loss medications?

The **OPTAVIA** Health Assessment is a great resource for Coaches to learn more about a Client and their health goals. The health assessment process remains the same for all Clients, regardless of medications they may be taking. Client's may voluntarily choose to share information about current medications and/or medical conditions as well as sleep, hydration, motion and dietary habits. Independent **OPTAVIA** Coaches offer support on **OPTAVIA**'s Plans and Products and the Habits of Health Transformational System. As always, we recommend Client's consult with their healthcare provider prior to starting any weight loss program.

An independent **OPTAVIA** Coach's guidance and support do not in any way constitute medical advice or substitute for medical treatment. The healthcare provider is solely responsible for recommending, prescribing, adjusting and following up with Clients regarding any medications they may be taking.

Please refer Clients to our full [medical disclaimer](#) for recommendations and considerations regarding the **OPTAVIA** Plans and Products.

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