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 may create Lifelong Transformation, One Healthy Habit at a Time®.

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:

- Independent OPTAVIA Coaches to help support and steer your patient to success, one healthy habit at a time.
- The Habits of Health® Transformational System, an innovative lifestyle approach that helps your patient replace unhealthy habits with healthy ones that can contribute to long-term success.
- OPTAVIA Community which consists of like-minded people who support each other during their transformation journey.
- OPTAVIA’s clinically proven plans and scientifically developed products, called Fuelings, are designed by dietitians, scientists and physicians.

What are OPTAVIA Fuelings?
Each OPTAVIA Fueling is scientifically formulated with the right balance of carbohydrates, protein and fat which helps promote a gentle, but efficient fat-burning state when using the Optimal Weight 5 & 1 Plan®.

Each Fueling contains high-quality, complete protein which helps retain lean muscle mass. OPTAVIA Fuelings do not contain colors, flavors or sweeteners from artificial sources. Each Fueling contains BC30™ probiotic cultures, which help support digestive health as part of a balanced diet and healthy lifestyle.

How does it work?
For most, it starts with achieving a healthy weight using the OPTAVIA Plans and Fuelings. Our clinically proven Optimal Weight 5 & 1 Plan creates a caloric deficit while controlling carbohydrate intake. This helps promote a gentle, but efficient fat-burning state.

On the Optimal Weight 5 & 1 Plan, your patient will have:
- 6 small meals per day, one every 2 to 3 hours
- 5 OPTAVIA Fuelings + 1 Lean & Green™ meal – a nutritionally balanced meal consisting of lean 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

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 2 to 3 hours, while integrating more food choices in the right portions. For more information, refer to the OPTAVIA Guide.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small bar</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Fat 1 g</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 0.5 g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0 mg</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Sodium 3 mg</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate 14 g</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 4 g</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>Total Sugars 7 g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Added Sugars 7 g</td>
<td>3%</td>
</tr>
</tbody>
</table>

[Other nutritional values provided for the Fueling, including carbohydrates, protein, and fats.]

A day on the OPTIMAL WEIGHT 5 & 1 Plan®

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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®

This meal plan is slightly higher in calories and carbohydrates than the Optimal Weight 5 & 1 Plan®. This 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 2 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

OPTIMAL WEIGHT 4 & 2 & 1 PLAN®

4 FUELINGS + 2 LEAN & GREEN™ MEALS + 1 HEALTHY SNACK®
(1,100 - 1,300 KCAL/DAY)

OPTIMAL WEIGHT 5 & 2 & 2 PLAN®

5 FUELINGS + 2 LEAN & GREEN MEALS + 2 HEALTHY SNACKS®
(1,300 - 1,500 KCAL/DAY)

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

For more information, refer to the Optimal Weight 4 & 2 & 1 Plan Guide. For our Optimal Weight 4 & 2 & 1 Plan Guide in Spanish, click here. For more information, refer to the Optimal Weight 5 & 2 & 2 Plan Guide. For our Optimal Weight 5 & 2 & 2 Plan Guide in Spanish, click here.

DIABETES & SENIORS

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.

Patients who are 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 Diabetes & Seniors Guide. For our Diabetes & Seniors Guide in Spanish, click here.

SPECIALTY PLAN GUIDE

OPTAVIA offers a variety of plans to accommodate individual needs and preferences. We recommend you talk with your independent OPTAVIA Coach to learn more about these options, and then contact your healthcare provider to determine which plan is best for you.

- OPTAVIA FOR NURSING MOTHERS
- OPTAVIA FOR COUT
- OPTAVIA FOR TEEN GIRLS
- OPTAVIA FOR TEEN BOYS

For more information on any of these plans, please refer to our Specialty Plan Guide. For our Specialty Plan Guide in Spanish, click here.

VEGETARIANS

OPTAVIA offers a variety of vegetarian-friendly Fuelings, all of which are fortified with 24+ vitamins and minerals, including vitamin B12, iron, zinc, calcium, vitamin D and riboflavin, and contain 11-15 grams of high-quality protein. Refer to our Vegetarian Information Sheet for more information.

For our Vegetarian Information Sheet in Spanish, click here.

MEDICATION DISCLAIMER

Before starting a weight-loss program, talk with your patient about the program and any medications or dietary supplements they are using, especially:

- Lithium
- Diuretics
- Coumadin (Warfarin)
- Medications for Diabetes
- Medications for High Blood Pressure
- Medications for Thyroid Conditions

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 or 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 medical condition, i.e., treatment or prevention, intended or otherwise, of any disease or disorder, including its related conditions. 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 a.m. - 5:00 p.m. EST at 1.888.OPTAVIA (1.888.678.2842) or via text at 206.828.1665. You can also email at NutritionSupport@OPTAVIA.com.