

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.



Nutrition Facts	
7 servings per container	
Serving size 1 bar (32g)	
Amount per serving	
Calories 110	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 11g	22%
Vitamin D 11mcg 50%	Calcium 200mg 15%
Iron 5mg 30%	Potassium 290mg 6%
Vitamin A 190mcg 20%	Vitamin C 19mg 20%
Vitamin E 3mg 20%	Vitamin K 25mcg 20%
Thiamin 0.3mg 20%	Riboflavin 0.3mg 20%
Niacin 3mg 20%	Vitamin B6 0.4mg 20%
Folate 65mcg DFE 20%	Vitamin B12 0.5mcg 20%
(50mcg folic acid)	
Biotin 6mcg 20%	Pantothenic Acid 1mg 20%
Phosphorus 160mg 15%	Iodine 32mcg 20%
Magnesium 100mg 25%	Zinc 3mg 25%
Selenium 12mcg 20%	Copper 0.3mg 30%
Manganese 0.6mg 30%	Chromium 7mcg 20%
Molybdenum 10mcg 20%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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](#).

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® AND OPTIMAL WEIGHT 5 & 2 & 2 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 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

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 GOUT**
- **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 High Blood Pressure
- Medications for Thyroid Conditions
- Medications for Diabetes

OPTAVIA 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 Program, Plans, Products or Kits if you are pregnant or under the age of 13. Before starting a weight loss program, talk with your healthcare provider about the OPTAVIA Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any OPTAVIA Program, Plans, Products or Kits 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 Plan 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, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity - if you fall into one of these categories, please consult your healthcare provider, refer to 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 or decreased appetite with weight loss medications, 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 the 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. Before taking any dietary supplement or changing your dietary intake, or starting a weight loss or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any OPTAVIA ACTIVE® Plans and Products. Clients should seek professional support for specific exercise program prescriptions. The Optimal Weight 5 & 1 ACTIVE Plan™ is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. OPTAVIA ACTIVE products are not recommended for individuals under 18 years of age.

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 as 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 medicinal purpose, i.e. treatment or prevention, implied 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 206.828.1605. You can also email at NutritionSupport@OPTAVIA.com.

More information about medical conditions, medications and other medical considerations can be found at [ANSWERS.OPTAVIA.com](#). You may also contact our Nutrition Support Team, comprised of Registered Dietitians, Dietetic Technicians and Certified Personal Trainers, at 1.888.OPTAVIA (Mon-Fri 8:00 AM - 5:00 PM ET) or NutritionSupport@OPTAVIA.com with specific questions.