

Who is it for?

All weight goals.

We'll custom design a nutritionally-based program that best matches your weight loss goals, using a combination of OPTIFAST® products and everyday foods.

OPTIFAST® Nutritional Weight Management

- **Medically Monitored Program**
- **Non-Medically Monitored Program**
- **Conventional Food Program**

Let us design a weight loss program especially for you. Depending on the amount of weight you need to lose, your custom program might involve everyday foods, OPTIFAST® products or a combination of both. Together with regular meetings with a behaviorist, dietitian and exercise specialist, the Nutritional Weight Management option gives you the tools to safely and permanently lose extra weight. Plus, program graduates receive free, weekly maintenance sessions.

What is OPTIFAST?

OPTIFAST is a pre-measured, nutritionally-balanced product used in place of conventional meals or snacks.

Why use OPTIFAST?

OPTIFAST provides 100% of your daily nutritional needs, in a portion- and calorie-controlled manner. OPTIFAST breaks old eating patterns, decreasing your encounters with food “cues” that can cause overeating. As you reintroduce conventional foods to your diet, you learn new and healthy habits. Overeating is frequently the result of using food for more than fulfilling your nutritional needs. For example, entertainment, boredom relief and stress management. Because you are limited in your food choices, OPTIFAST provides an opportunity to discover the causes of your overeating.

What's included?

Unique components of each option are discussed below, however all OPTIFAST programs include:

- A comprehensive behavioral initial assessment to assist you in setting behavioral goals and objectives
- Seven one-on-one consultations with specialists of your choice to use throughout your program
- Weekly consultations with a registered nurse
- An exercise specialist consultation to develop a personalized exercise plan that includes instruction in the use of resistant training band and a step pedometer
- A consultation with a registered dietitian to aid in food selections when using conventional foods
- An individualized consultation with a behaviorist, halfway through your program, to assess your progress and assist you in adjusting your goals as indicated
- Weekly behaviorally focused treatment groups
- Near the end of your structured program, a consultation with a specialist of your choice to tailor maintenance strategies to meet your lifestyle. The specialist will help you maintain any behavior changes you've accomplished and assist you with setting new goals.

What will it cost?

Your initial information session is free. The actual program cost depends on the meal plan you select, and your insurance coverage. You will know the full cost of your program in advance, and interest-free payment plans are available.

To learn more about the OPTIFAST program, visit us at **www.SparrowWeightManagement.org**. Or call **517.364.8080** to attend a free, no-obligation information session. **It costs nothing to get started.**

Sparrow Weight Management Center
2900 Hannah Blvd., Suite B107
East Lansing, Michigan 48823

www.SparrowWeightManagement.org

OPTIFAST®
The serious solution for weight loss™

SPARROW

Weight Management Center
Serious, Professional, Comprehensive Care

The Components

Medically Monitored Program

This option is for individuals with at least 50 pounds of excess fat. You'll meet with a physician each week at the onset of your program, then regularly thereafter. You will also meet weekly with a registered nurse, and have periodic lab blood draws to assess your health status.

During the OPTIFAST portion of the program you'll consume fewer than 1000 calories per day, and weight loss will be rapid (generally one to two percent of your body weight each week). During Phase I (6-12 weeks) you'll use OPTIFAST meal replacement for all meals and snacks. Conventional foods will be slowly re-introduced during Phase II (also 6-12 weeks).

Non-Medically Monitored Program

This option is based on more than 1000 calories per day. You will meet with a registered nurse each week and participate in weekly group sessions with our weight management specialists. (Additional medical monitoring may be required if you have conditions such as diabetes, high blood pressure or heart disease. As you lose weight, your medications may need to be adjusted by a physician.)

Phase I and Phase II are the same as the OPTIFAST Medically Monitored Program, though at a slightly higher calorie level. Weight loss will still be fairly rapid, especially during the initial phase of the program.

Conventional Food Program

This option may be the right one for you if you have less than 50 pounds to lose and you've been unsuccessful trying to lose the weight on your own or if the meal replacement program does not appeal to you. Our dietitian will help you develop a 12 to 24-week plan of 1200 or more calories per day. Your plan will be built around everyday foods you'll find in the grocery store, though it may include up to three OPTIFAST products per day in the beginning.

While weight loss may be slower at a higher calorie level, the results you see during your weekly weigh-in will keep you motivated. Your efforts will have the same support as the other options, including weekly group sessions and meetings with a registered nurse. We'll also monitor your existing health conditions, especially medication usage that may need to be adjusted as you lose weight.



Maintenance

Any weight control program is incomplete if it doesn't plan for maintaining your weight loss and any behavioral changes you've made. After you complete your Sparrow Weight Management Center program, we'll stay with you to make sure you keep the weight off.

Your program includes one year of free maintenance. Our weekly group meetings offer information and support on topics ranging from nutrition and exercise to dealing with daily challenges and temptations. Can't make it to the group meeting? Our online eWeight Manager option is for you, providing tools and support no matter where you are. Best of all: Complete 26 sessions, either online or in person, and you'll earn free maintenance for a lifetime!

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