Steps to Change Your Life

1. **Assessment:** The program begins with a comprehensive evaluation and physical exam to help personalize goals and expectations.

2. **Active Weight Loss:** During this phase, you’ll eat a calorie-restricted diet that may include OPTIFAST® while under medical supervision.

3. **Transition:** Self-prepared foods are gradually reintroduced into your diet as you continue with lifestyle education sessions.

4. **Long-Term Management:** You will receive ongoing support and education sessions aimed at helping you manage your weight long-term.

Get Started!

For more information or to schedule an appointment, please call or email:

1.855.839.2589
WeightSolutions@Alexian.net

We offer convenient locations in the northwest suburbs.

It’s not just about the pounds.
It’s about the person.
Pathways to Weight Loss

Full Meal Replacement
This pathway allows a break from regular food giving you time to focus on the behavioral change needed for long term weight maintenance. Most participants consume five to six OPTIFAST® meal replacements daily which provide high quality, complete nutrition and result in an average weight loss of 2-5 pounds per week.

Partial Meal Replacement
This pathway combines the use of OPTIFAST meal replacements with a calorie-controlled meal under the support and direction of a dietitian. The flexibility of this plan will allow you to eat with family and friends while losing weight an average of 1-3 pounds per week.

Medical Nutrition Therapy
This pathway involves working with a Registered Dietitian on implementing a low-carbohydrate meal plan for weight loss based upon proven research for an average weight loss of 1-2 pounds per week. If medically appropriate, patients may be prescribed FDA approved medications for weight loss.

Support Along the Way
We offer important resources to help you lose weight and keep it off.

- Medical Supervision – to ensure you lose weight safely
- Meal Replacement Products – to help limit your caloric intake while providing complete nutrition
- Comprehensive Lifestyle Education – weekly classes to help you maintain a healthy weight through nutrition, exercise, and lifestyle changes
- Expert Counseling – for personalized support and advice
- Ongoing Personalized Support – to help ensure long-term success

Results for OPTIFAST Participants include*:

| Metric                          | Percentage
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<tr>
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<tbody>
<tr>
<td>&gt;50 lbs average weight loss</td>
<td>11%</td>
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<tr>
<td>11% average decrease in blood pressure</td>
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<tr>
<td>14% average decrease in cholesterol</td>
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