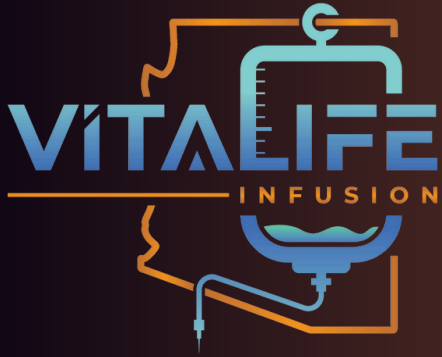


Weightloss Program



-20 Week Medically Guided

Includes body iHEALTH body composition scale, BP monitor and smart connection

A complete evaluation for a lifestyle and fitness plan that provides sustained weight reduction.

Regular provider check-ins, OMA guidelines, meal plans and medical support		Comprehensive Evaluation Includes: Nutrition curriculum, EKG, Labs and Measurements (full body analysis) and medication management.	
Week 1	Initial Evaluation: Goal Setting	Week 11	Digital Lesson: Making Food Lists
Week 2	Office Visit: Exercise Goals	Week 12	Office Visit w/Labs: Food noise
Week 3	Office Visit: Eating Triggers	Week 13	Lesson Stay Motivated
Week 4	Office Visit w/Labs: Focus on Fat	Week 14	Office Visit: Measuring Success
Week 5	Lesson: Emotional Eating	Week 15	Lesson: Dietary Guidelines
Week 6	Office Visit: Daily Physical Activity	Week 16	Office Visit: Hormones
Week 7	Lesson: Reading Food Labels	Week 17	Lesson: Think "F.I.T"
Week 8	Office Visit: Saboteurs	Week 18	Office visit w/Labs: Relapse
Week 9	Lesson: Cardio/Aerobic Activity	Week 19	Lesson: Measuring Success
Week 10	Office Visit: Managing Stress	Week 20	Office Visit w/ full body analysis

\$999 20 week/12 visit medical plan

*Labs and medications separate

All Inclusive

\$2,499 labs and medications

*\$499 monthly payment plan

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