

# Healthy Living Weight Management

To expedite and make your first visit go smoothly, please complete the following items **prior** to your first visit.

- Read through the orientation packet.
  
- Complete the 3 forms and send them to us in MyHillChart or bring it at your first visit.
  - Treatment Consent Form
  - Patient Commitment Form
  - Attendance Policy
  - Patient Questionnaire
  
- Call our office to schedule the initial appointment at 916-983-8868
  - We will give you a lab slip to be completed 7-10 days prior to your appointment.



## Healthy Living Weight Management Orientation Kit

Thank you for inquiring about Healthy Living Weight Management. We are delighted that you have decided to take the first step to learn more about how our program can help you lose weight and improve your health with the guidance of our trained staff.

Our program is a medically supervised weight loss protocol that uses meal replacements from Numetra™. Remember, to manage your weight for a lifetime you'll need to make permanent changes in your daily nutrition, activities, and other weight-related behaviors.

The good news: You don't have to do it alone! Our nutrition consultant and physicians can help you at every step. The program includes reduced calorie meal plans, supplements, nutrition education, lifestyle modification, individual counseling, and long-term maintenance strategies.

**Our program can help you lose weight and live a healthy life for years to come! We're glad you are here and look forward to helping you reach your weight management goals.**

To better health,

A handwritten signature in cursive script that reads "Joy Liu, D.O.".

Dr. Joy Liu

## The Importance of Medical Supervision While on Our Program

Only by checking your physical responses to the program can our weight loss team make the medical, nutritional and lifestyle adjustments needed to maintain your good health and allow you to lose weight safely and effectively. Our team of professionals will provide the following medical procedures:

- Weekly weight check
- Weekly blood pressure check
- Periodic blood tests to measure levels of minerals, cholesterol, triglycerides and other health indicators
- Occasional electrocardiogram (EKG) to check your heart
- Medication adjustments (if needed)
- Periodic body measurements

These test results should interest you, too. They're likely to show health improvements that will keep you motivated!

Weight loss can help improve, reverse or even prevent serious medical conditions, including type 2 diabetes, high blood pressure, cardiovascular disease and high cholesterol. It can also reduce joint and back pain, and dramatically improve your energy level and mood.

## Benefits of Our Program

Program Highlights	Benefits to You
Provided in professional weight management office	You develop a personal relationship with the nutrition consultant, physician and the staff. We follow your weight loss, nutritional, medical and lifestyle needs and we can individualize a program specifically for you.
Medically supervised	Program is delivered by a physician who can medically monitor your physiological, metabolic, nutritional and motivational needs.
Multidisciplinary program	Key ingredients to long-term weight loss success are healthy eating, regular exercise, a positive mental attitude and effective relapse management and coping skills. This program provides all of these elements.
Education materials	<p>Lifestyle change is a cornerstone of long-term weight management success. In this program, you will learn to make wiser food choices, increase your exercise activity and manage stress, thereby helping to create long-term success.</p> <p>Materials have been designed with busy adults in mind—they are brief, concise and to the point.</p>
Nutritious meal plans	Meal plan format is easy to follow and helps you adhere to the programs prescribed calorie levels. They also teach you portion control and meal planning principles for long-term success.
Nutritional food products	<p>The great tasting <b>NUMETRA™</b> products help ensure proper nutrient intake, reduce your hunger and allow you to easily comply with the program for quicker weight loss.</p> <p>The products have been scientifically and nutritionally designed with the proper macro and micro nutrients to provide you balanced nutrition on a daily basis for safe yet effective weight loss. It is important to only take the products we prescribe so you don't compromise your weight loss and nutritional needs.</p>
Reduces co-morbidities resulting from being overweight	Medical conditions such as type 2 diabetes, cardiovascular damage and hypertension can be very harmful to your health. With just a 5-10% reduction in your weight, you could experience health improvements including a reduction in blood glucose, blood pressure and cholesterol.

## Guidelines for Safe Weight Loss

- All prescriptions, herbal supplements and over-the-counter products you take regularly must be reviewed and approved before you begin the program. You should also check with your prescribing physician before beginning a VLCD.
- Attend all appointments with your nutrition consultant, **NUMETRA™** physician and any other professionals prescribed for your program.
- Consume all the **NUMETRA™** servings prescribed for you.
- Space your **NUMETRA™** supplements evenly throughout the day: usually, one at regular meal times and the rest at regular snack times. See meal plan provided to you for further instructions.
- Use only prescribed or approved medications. Take any mineral or electrolyte supplements as prescribed.
- Drink at least six to eight glasses of water each day, in addition to the water you mix with your supplements.
- Avoid crossing your legs. Doing so compresses a nerve behind the knee, causing numbness in the lower leg. Losing fat makes this nerve more sensitive.
- Limit extended trips early in the program, to maintain your medical monitoring. If you travel, consult with your nutrition consultant or **NUMETRA™** physician first.
- If you become seriously ill or are injured, tell the treating physician that you are on a VLCD or LCD.

## Dieting? Don't Go It Alone

*By Howard J. Rankin, Ph.D.*

Losing weight can be a physical, emotional and behavioral challenge. But it needn't be a lonely one.

The fact is, if your diet isn't working, the answer may not lie with your fridge, your gym or your therapist. You may just need a friend.

### **The Power of Connections**

Social support—individual or group, formal or informal—is an absolute requirement for successful lifestyle change. The more support, the more likely your success.

Why? For women especially, the sense of sharing and friendship that support engenders is irreplaceable. While reason and headlines may tell you that millions of women are overweight, unless you share the experience, it's easy to feel that you're going through it alone. That gives you nowhere to turn when setbacks occur.

Connecting with others who know what you're going through can bring relief, validation and empowerment.

At every stage of life, each of us needs people who care about us and our goals. People who are (or have been) in our situation can be enormously helpful. Their insights and suggestions are particularly meaningful.

That's just as true when the goal is weight loss. I have seen the transforming power of support through years of experience as a clinical psychologist working with thousands of dieters.

### **The Seven Pillars of Support**

What can weight loss support—from a friend, group or professional—offer you?

**Information.** Information is somewhat overrated in weight loss. After all, most people know they need to eat less and exercise more. But sharing information is helpful -- and personal advice from people who know you, your strengths and your challenges can be far more helpful (and persuasive) than any diet book.

**Encouragement.** Everyone needs affirmation for their efforts. Weight loss is a long process. Praise and encouragement along the way is critical. We learn far more from the rewards of our positive behaviors than the punishment of our negative ones.

**Facilitation.** People who support your goals can provide important practical help. A workout partner can help you stick with your exercise plan. Friends who excel in the kitchen can share healthy cooking tips. Other supporters can pitch in with childcare or chores while you exercise, rest or fix a meal.

**Anchoring.** Perhaps the most important thing your supporters can offer is perspective and reassurance when you feel overwhelmed or ready to quit. Rough spots are inevitable; talking yourself out of them is difficult. Support can get you through these make-it-or-break-it junctures.

**Accountability.** Here's another success strategy that's hard to pull off alone. No matter how self-disciplined you are, having other people to "answer to" throughout your effort really helps keeps you on your toes. Their feedback can also help you make course corrections you may not have considered.

**Self-Esteem.** Low self-esteem is both a cause and consequence of weight gain; self-esteem must be improved—and regularly reinforced—to achieve and maintain success. Acceptance and validation by others is extremely important in building self-esteem.

**Hope and Inspiration.** When you're pursuing a goal, nothing is more inspiring than the prior success of others whom you identify. These role models inspire and renew hope and motivation. Surrounding yourself with people who have achieved what you want to achieve is a wonderful tactic. When weight control is the goal, just eating with friends who have lost weight or exercising with friends who have become active can be a real eye-opener.

## **Finding the Support You Need**

Good support won't fall in your lap. You must figure out what kind of help you need and where to get it. Here are some ideas.

**Nutrition.** To reach and maintain a healthy weight, you must know the basics of healthy nutrition. Your weight loss counselor or a Registered Dietitian can be of tremendous help in this regard. He or she can help you devise an eating plan that reflects your tastes, needs and lifestyle. If you have diabetes or other weight-related medical problem, special nutritional counseling by a Registered Dietitian may even be covered by insurance. To find a Registered Dietitian in your area, visit [www.eatright.org](http://www.eatright.org).

**Medical Support.** Even people who rush to their doctors with every sniffle may not think to turn to them for weight loss help. But your healthcare provider can be a tremendous resource. In fact, if you have a medical condition, your doctor should be your first stop, to make sure the plan you're considering will be safe, appropriate and effective for you. If you need additional help, your doctor may refer you to a bariatric physician, who specializes in weight loss.

**Exercise.** Trying to become more active? Nothing works better than a buddy. A partner or group can keep you moving and accountable when your motivation slumps. (It's harder to hit the snooze button when someone is waiting for you.) So find a friend, and get moving. Suggest a nightly walk to your spouse, or a lunchtime workout to a colleague. Join a health club, or take a class at the Y. The warmth and fun of shared activity may surprise you!

**Emotional Support.** When you need support and encouragement, there's no substitute for face-to-face contact. Weight loss clinics can also provide a range of services and support.

Once you've identified a potential supporter—friend, family member or group—be assertive and make your request to them clear.

## **Who Goes There: Friend or Foe?**

Alas, not everyone in your life will want to hear about your waistline woes or self-improvement journey. You need to watch out for people—even loved ones—who may subtly or openly sabotage your efforts. Rooting out these negative forces is essential to your success. Beware, for example:

**Controllers.** Typically a spouse or mother (often, uncannily, the same personalities), build their own security by bossing others around. Their fear is that you won't succeed. But while they're invested in your success, their actions (and advice) are likely to drive you to distraction.

*How to Cope:* Remind the controller (and yourself) that this is your gig, and nobody else's. Restate as often as necessary.

**Naysayers.** These folks are negative about many things, including your ability to succeed. To a naysayer, the glass is not only half-empty - it's going to break at any moment.

*How to Cope:* Tune them out. Also, learn to cultivate an attitude of optimism, and actively seek the company of optimists. Bolster your spirit by reading about people who have achieved what you want to achieve.

**Saboteurs.** These are people who really want you to fail. Your success is somehow threatening to them, so they'll often be jealous and nasty. Saboteurs may include friends and loved ones with weight problems of their own - or attractive people who don't want the "competition" of an equally attractive you.

*How to Cope:* Distance yourself from these people as much as possible. At the very least, don't discuss your self-improvement efforts with them. If they try to push unhealthy food on you, ask them to respect your wishes. If they won't, drop them.

## **The Finish Line**

If you're contemplating weight loss, line up your support first. While no one can do the work for you, a strong team can speed and ease your trip to the goal!

*Renowned behavior-change expert Howard J. Rankin, Ph.D., is a clinical psychologist and author of several behavioral-change books. His book is titled "Inspired to Lose."*





## Cost of Program

### Program Options:

Program	Length of program	Expected Weight loss	Meal Plan
<b>Numetra™ Program (Reducing Phase)</b>	12 weeks	20lb to 30lb	4-5 Numetra™ meal replacements (depending on program) Or 5 Numetra™ meal replacements + 1 home meal
	20 weeks	40lb to 50lb	
<b>Health Coach Option Only</b>	12-20 weeks	12-60lb	Healthy meals at home
<b>Adaptive Phase</b>	5-10 weeks		Begin to replace Numetra™ meal replacements with home meals
<b>Maintenance (S.T.A.R. Phase)</b>	3mo-2yr		Continuation of final Adaptive phase meal plan

**Program Initiation Cost - \*\$408** tax not included (\*Optional items starred below)

**Basic Mandatory Protocol (Patient binder, scale and app only) = \$85**

- Set up and training of remote monitoring app
- Patient Module Binder (\$25)
- Scale (\$60)
- \*Establish Rest Metabolic Rate (\$50)
- \*Blood Pressure Monitor (\$60) (Only needed if recommended by physician)
- \*Glucometer (\$60) (Only needed if recommended by physician)
- \*Initial Supply of Supplements
  - Metagenics Clear Change™ 10 Day Detox Program (one time) (\$138)
  - Metagenics L-Carnitine (30-day supply) (\$32)
  - Metagenics Intrinsic B12/Folate (60-day supply) (\$26)
  - Metagenics OmegaGenics® EPA-DHA 720 (60-day supply) (\$31.50)
  - Metagenics Probiotic (30-day supply) (\$45.50)

**Program Meal Replacement Cost (Excludes copays, taxes and grocery costs)**

Monthly			
		Insurance*	Cash Pay
<b>Remote Monitoring/Health Coach</b>		\$0	\$150
<b>Numetra™ Meal Replacements (not including tax)</b>	4+1	\$291.00	
	5+1	\$364.00	
<b>Supplements (optional)</b>	B12, L-carnitine, probiotic, fish oil	\$106.25	

\*Must qualify with medical conditions to have program covered by insurance