



## Clarkston Medical Group Weight Loss Program Stages of the Program

### The First Step—Initial Evaluation

In this portion of the program, you are evaluated to determine whether or not the OPTIFAST® Program is the appropriate treatment for you.

It involves a 1 ½ to 2-hour visit at the OPTIFAST Program Clinic, consisting of:

- History and Physical
- EKG
- Laboratory Tests
- Intake Assessment (This could be either a behavior assessment, or an initial interview with the program director and/or dietitian.)

**The OPTIFAST Program:** The OPTIFAST Program consists of 12 weeks of treatment in the following phases. Each of these phases involves different components geared toward the accomplishment of a specific objective.

#### 1. Preparation for Active Weight Loss (1 week)

In this phase, you are given instruction on what is required for you to be successful in the program. You will also receive a nutritional and behavioral assessment. Your food intake will be reduced to about 1,200 calories daily for 5-7 days in preparation for the next stage.

#### 2. Active Weight Loss (12 weeks)

During the active weight loss phase, food intake is limited to three servings of the OPTIFAST formula per day, plus any non-caloric beverages desired. The OPTIFAST formula comes in powder form or as a ready to drink product. The powder is mixed with water or other non-caloric beverage.

Weekly group meetings offer behavioral intervention, nutrition education, social support, instruction in increasing physical activity, and suggestions for adhering to the program.

This phase involves a weekly clinic visit for 2 hours, consisting of:

- Registration
- Weigh-in and blood pressure check
- Lab tests (every other week)
- Physician's visit
- 1 hour session with group members and group leader(s)

#### 3. Final Evaluation (12<sup>th</sup> week)

During the Final Evaluation, you will discuss with the provider whether to continue OPTIFAST formula or reintroduce all food. This office visit involves a clinic visit of 1 hour consisting of the same steps as the initial evaluation to review progress with Laboratory Tests.

#### 4. Ongoing Weight Management (Maintenance)

If there is enough demand, a Group support and education may be provided for all clients who have completed the Program.