

Doctors' Weight Management Program

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Which Diet is Right for Me?

	Decision Free	Healthy Solutions
<i>Average Weight Loss</i>	W: 2-4 lbs/ week M: 3-5 lbs/ week	W: 1-3 lbs/ week M: 2-4 lbs/ week
<i>Food Consumption*</i>	HMR Meal replacements only: shakes, cereal, soup, entrees, bars	HMR Meal replacements - shakes, cereal, soup, entrees, bars + fruits & vegetables
<i>Food Consumption Daily Minimums</i>	5 "shakes" (shakes= shake, pudding, cereal or soup)	3 "shakes" + 2 entrees + 5 servings of vegetables/ fruit
<i>Weekly Classes/Coaching</i>	Required: Weekly classes and one mid-week check in with your Health Educator	Once a week classes and one mid-week check in with your Health Educator -or- Self-directed with digital support from HMR
<i>Medically Supervision – Regular visits with the program physician and ongoing lab work</i>	Required: Frequency at the discretion of the program physician: weekly, biweekly or every three weeks.	Required only if you are diabetic or have a medical condition that warrants regular supervision. Frequency at the discretion of the program physician.
<i>Duration</i>	No end date. Depends on weight needed to lose. Average is 6 months.	No end date. Depends on weight needed to lose. Average is 4 months.

* For the safety of our patients, alcohol is not permitted on either the Decision Free or the Healthy Solutions diet.

Weekly Classes + Coaching Options

Our in-clinic programs, which are developed by Health Management Resources (HMR), offer weekly educational sessions which emphasize the behavioral changes necessary for long-term weight maintenance. Participants learn ways to decrease intake of food calories and to increase physical activity, which both contribute to everyday successful weight management. The program stresses the fact that only serious effort and long-term commitment will bring about successful weight loss and lifelong weight management.