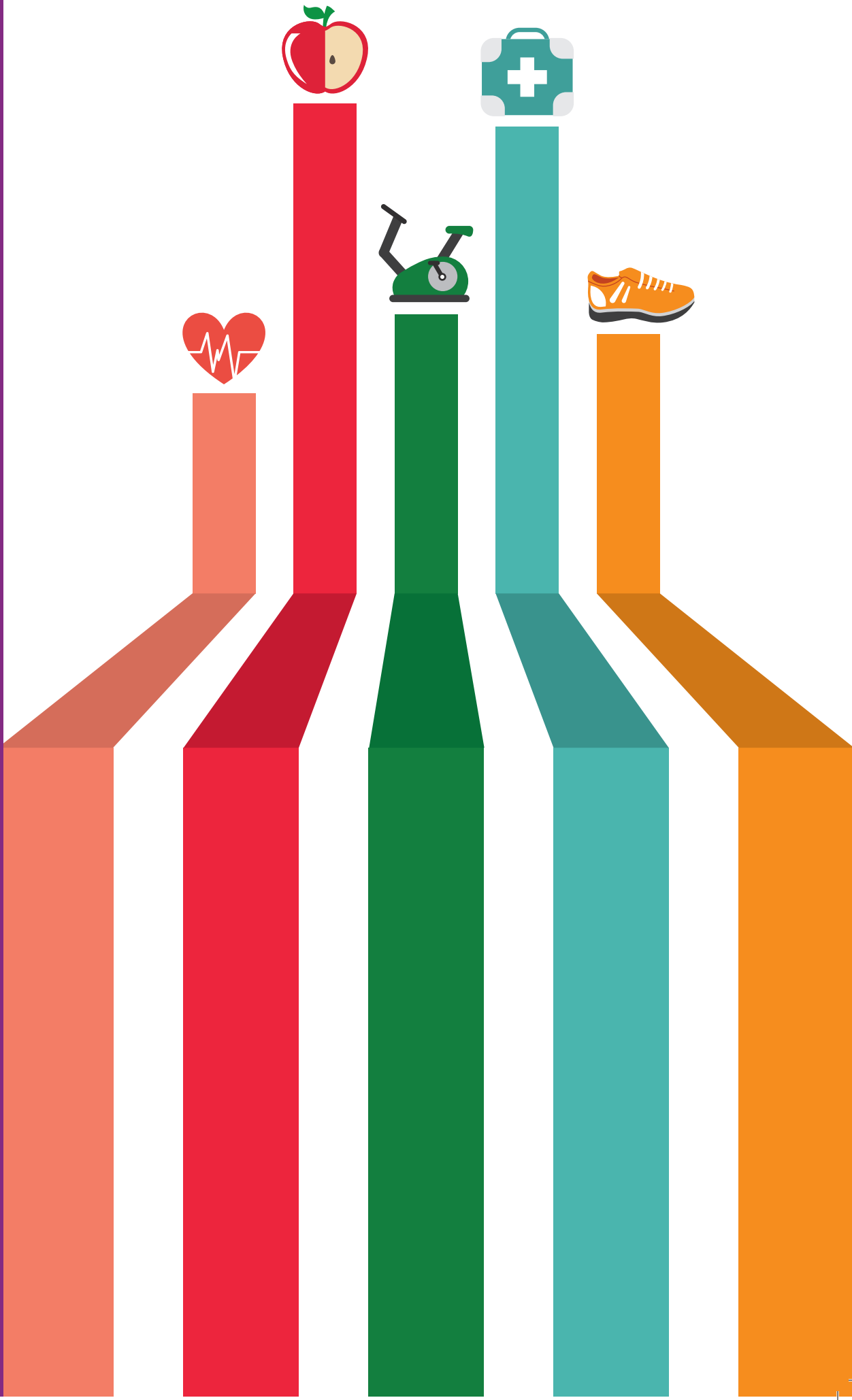


# REVERE HEALTH

WEIGHT LOSS & NUTRITION CENTER







## ABOUT US

At the Revere Health Weight Loss & Nutrition Center (WLNC) your health comes first. Our weight loss program is carefully designed for long-term, sustainable, health and weight management. We do not use a “one size fits all” approach because we know that every patient is different. What may work for someone else may not work for you. We utilize a variety of tools and techniques in order to personalize a weight loss plan for each patient. Our team will work with you to design the best program for your needs.

## HOW WE DO IT

**Accountability:** Most patients are seen every 2-4 weeks. This frequency maximizes our ability to provide both accountability and timely help with goals. If you “fall off the bandwagon” we can pick you back up quickly. As patients lose weight and move into a maintenance phase, the visits become less frequent.

**Team support:** We have a large team consisting of medical providers, health coaches, dietitians, fitness specialists, and therapists who are all there to offer you personalized recommendations in their field of expertise. We provide these resources to ensure you are receiving well-rounded and medically sound care (see page 2 to learn more about our team).

**Individualization:** Because we recognize every “body” is different, we take unique nutritional and exercise approaches with each patient we meet with. Your health coach will ensure you receive a nutrition and exercise plan that best suits your needs. They can also help adjust your plan as your needs change overtime.

**Testing:** We offer body composition and metabolic testing to give you greater insight into how your body functions and how it changes with weight loss. These types of tests also help our team provide you with more accurate and precise weight loss goals (see page 3 to learn more about the testing we offer).

**Additional tools:** In addition to the resources listed above, we also offer a meal replacement program (OPTI-FAST®), an online health coaching program (RPM), bariatric education, personal training, various fitness programs, and educational content through our social media platforms. We have these tools in place to provide a variety of avenues to assist you on your weight loss journey (see pages 4-8 to learn more about these tools).



## OUR TEAM

**Medical Providers:** You will meet with a certified obesity medicine provider every visit to ensure a strong medical foundation for your weight loss. This is done by investigating medical conditions that can influence weight loss such as sleep apnea, thyroid issues, glucose sensitivity, etc. This allows us to carefully monitor your health and wellness as lifestyle changes are made. Our providers can also prescribe weight loss medications when appropriate. They will be the ones who help you determine if weight loss medications are safe and suitable for your needs.

**Health Coaches:** Each health coach has an educational degree and background in health and wellness. In addition, they complete our own in-house training to become a Certified Weight Loss Specialist. They provide accountability, assist in customized goal setting, give encouragement, and provide education on a wide variety of health topics based on your current needs. They will be your biggest advocate in your weight loss journey.

**Registered Dietitians:** Our dietitians specialize in educating patients who might require specific dietary needs due to a medical condition. Consultations with a dietitian are recommended for those who have a history of diabetes, chronic kidney disease, gastrointestinal issues, food allergies, and other dietary influencing diseases. They can help maintain your vision of long-term weight loss while balancing any dietary concerns.

**Fitness Specialists:** Our fitness specialists are certified and experienced in working with patients of all fitness levels, as well as patients who have various physical limitations. They can provide you with specific exercise guidance to help you get started on your fitness journey. Additionally, we offer personal training to give you the opportunity to work with our fitness specialists one on one. We hope this helps you cultivate confidence in your physical abilities as you begin reaching your fitness goals (see page 6 for more details).

**Therapists:** The mental and emotional components of weight loss are just as important as the physical ones. Our therapists are not only here to help you improve your relationship with food and your body, but help you process anything that you feel is hindering your progress. This can also help your weight loss be sustainable long-term as you develop healthy mental and emotional habits.



# TESTING

## BODY COMPOSITION TESTING

### What is a Body Composition Test?

Our InBody body composition machine operates in a non-invasive way to measure your body fat percentage, body fat mass, visceral fat, muscle mass, and body water weight. We recommend performing this test monthly to track your progress and allow us to make timely changes in your plan if needed. Your first body composition test will have no associated fees, then any additional body composition tests you do will have a small out-of-pocket fee.

### Why Test Your Body Composition?

Weight alone can be misleading when used as an indicator of health. It's common to experience frustration when your weight and on the scale increases or plateaus, especially when you are closely following your nutritional and exercise goals. This is why it's important to measure your body composition (body fat, muscle, body water, etc...) so we can more accurately assess your progress and help you make the appropriate changes when needed.

## METABOLIC TESTING

### What is a Resting Metabolic Rate (RMR) Test?

Metabolism is the process of converting food (calories) into energy. The efficiency with which your body does this is referred to as your metabolic rate. Many factors affect a person's metabolic rate: weight, age, body composition, hormone levels, and gender, making it a highly unique number. We calculate this number based on your oxygen consumption due to the direct correlation between oxygen consumption and calories burned.

### Why Test Your Metabolic Rate?

Understanding your body's unique metabolic rate will allow us to customize your weight loss program around your needs. In addition:

- An RMR measurement can give you the precise caloric prescription for successful weight loss and weight maintenance.
- It can screen for a slowed metabolism that may explain frustrated attempts to lose weight in the past.
- It can reveal changes in your metabolism during the weight loss process that can help troubleshoot a frustrating plateau.



# MEAL REPLACEMENTS

Meal replacement plans can be one of the most effective tools for rapid weight loss. We have partnered with Nestle Health Sciences to provide the OPTIFAST® Meal Replacement program for our patients. The OPTIFAST® program consists of bars, shakes, and/or soups and can be used as part of a full or partial meal replacement program.

## Is a Meal Replacement a Good Option for Me?

These are examples of people who would be recommended to utilize a meal replacement program:

- Needs aggressive weight loss of 50-100 lbs / BMI is 30 and above
- Needs rapid weight loss to qualify for a surgery (i.e. knee replacement, hernia repair, etc...)
- Desires a mental break from food
- Has a “slow” metabolism (as determined by a resting metabolic rate test)
- Current weight loss progress has stalled out

## Full Meal Replacement Plan

**Number of Products:** Typically 5 products are eaten per day totaling 800 calories per day.

**Weight Loss:** Most patients on a full meal replacement plan lose approximately 3-5 lbs per week initially and up to 50-100 lbs in total.

**Benefits:** A full Optifast meal replacement plan helps you decrease calories without sacrificing nutrition. Each product is nutritionally complete, allowing it to fully replace any meal or snack without additional supplementation. Having these products readily available also helps ease the preparation and planning required for a healthy diet. Optifast products are also high in protein which helps with satiety throughout the day.

## Partial Meal Replacement Plan

**Number of Products:** Typically 3 products are eaten per day totaling 480 calories. In addition, you will have your own 100-200 calorie snack and 400-600 calorie dinner.

**Weight Loss:** Most patients on a partial meal replacement plan lose approximately 2-3 lbs per week initially and up to 20-40 lbs in total.

**Benefits:** A partial Optifast meal replacement plan is a great in-between option for those who would like the benefits of a meal replacement plan, while still being able to enjoy some healthy homemade meals. Research has also shown that full and partial meal replacement plans have similar long-term effects.

*\*If you would like more information about using a full or partial meal replacement as one of your weight loss tools, ask your health coach, or one of our medical providers.*



# RPM

## REMOTE PATIENT MONITORING PROGRAM

This exclusive program was designed for patients with Medicare insurance so you can stay connected and accountable to your goals between office visits, as well as receive more personalized care from our staff. We are confident this program can be a valuable tool as we work together to help you achieve your health and weight loss goals.

### **How does Remote Patient Monitoring differ from my regular weight loss visits?**

In the Remote Coaching Program, you will track your health data using the Revere Health WLNC app and a wireless monitoring device, such as a smart scale or blood pressure cuff that we will provide you. The data you input will be monitored closely between appointments by one of our remote health coaches. Your remote health coach will also help hold you accountable to your goals through regular phone calls and in-app direct messaging. The following is the data that will be tracked by your remote health coach:

- a. Weight/Body Composition
- b. Food & Water Intake
- c. Exercise/steps
- d. Blood Pressure & Heart Rate

### **How do I get started?**

1. Notify your health coach that you want to be a part of our Remote Patient Monitoring Program (RPM)
2. Your health coach will then set up an appointment where you will be given a bluetooth device (blood pressure cuff or body composition scale) and access to our Revere WLNC app
3. You will then be instructed on how to use your bluetooth device and the Revere WLNC app
4. You can then begin tracking and utilizing additional support and accountability from our remote health coach

### **What is the cost?**

Currently, Medicare is the only insurance that covers the Remote Patient Monitoring program. If you have Medicare, this program will be of no additional cost to you.



# PERSONAL TRAINING

One of the biggest benefits of working with a personal trainer is having an expert available to teach you how to exercise safely to avoid injury and provide you with the tools needed for you to exercise properly on your own in the future. They also customize a workout program to your fitness level that will help you steadily progress towards your goals.

## **How do I know if I'm a good fit?**

If you have a desire to learn and get fit, almost anyone can work with our personal trainers! Although, if you have serious physical injuries or limitations that are in need of treatment, we recommend seeking treatment from a physical therapist prior to working with our personal trainers.

## **How do I get started?**

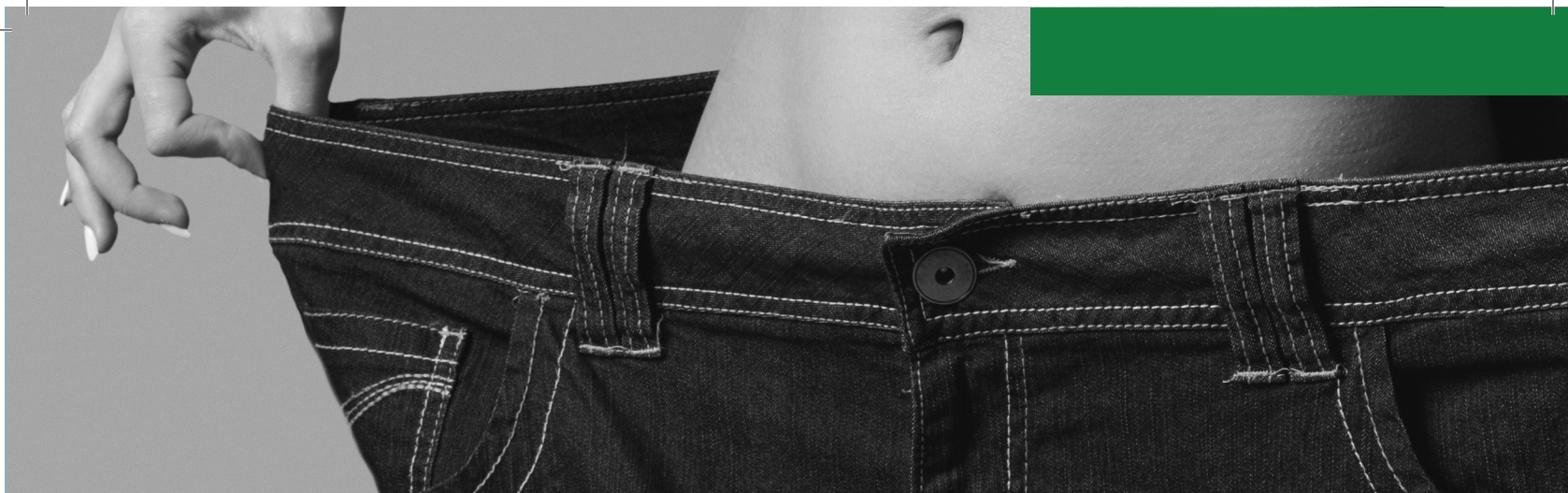
Getting started is easy! All you need to do is talk with your health coach, so they can help you schedule an appointment with one of our trainers. Your first visits will consist of various fitness assessments to help your trainer create the best program for your needs. After your initial assessments are completed, your training program will be fully implemented.

## **What is the cost?**

Patients pay an out-of-pocket fee, and rates will vary depending on how many sessions you would like to schedule. Sessions last approximately 60 minutes. The fee you pay will also include copies of your workouts to take home, as well as free, unlimited body composition tests. There are no additional fees to sign-up or cancel your training sessions. You can sign up or cancel at any time! You can also talk to us about using your HSA account to pay for your sessions.

*\*In addition, our clinic provides other affordable fitness resources designed to help you on your fitness journey. To learn more about these resources, ask your health coach!*





# BARIATRIC SURGERY

Bariatric surgery is one of the most effective weight loss tools we have, but requires hard work and dedication for it to be successful long-term. If you are considering bariatric surgery, our dietitian, fitness specialist, and therapist will help you form a plan that will prepare you to be successful both before and after surgery.

#### Qualifications:

1. Have a Body Mass Index  $> 40 \text{ kg/m}^2$ .  
or
2. Have a Body Mass Index between 35 and 40  $\text{kg/m}^2$  with an obesity related illnesses

#### Types of surgery:

**Sleeve gastrectomy:** A procedure where the stomach is reduced to approximately 25% of its original size. This is done by the surgical removal of a large portion of the stomach along the greater curvature, resulting in a narrow sleeve or tube-like structure.

**Roux-en-Y Gastric Bypass:** A procedure where the stomach is divided into a small proximal gastric pouch, leaving a large “bypassed” gastric remnant. The proximal gastric pouch is attached to a “roux” limb of the small bowel, which bypasses the large gastric remnant, all the duodenum, and a portion of the proximal small intestine.

*\*Note: We do not perform bariatric surgeries in our office. If you are interested in bariatric surgery, talk with one of our medical providers, and we will refer you to a bariatric surgeon. Your surgeon will determine which type of surgery will be safest and best suited to your needs.*

# SOCIAL MEDIA

Follow us on social media for healthy recipes, workout videos, health topic discussions, and more!



WEBSITE



INSTAGRAM



FACEBOOK





