



## WOMEN'S HEALTH ADVANTAGE

### MEDICALLY SUPERVISED DIETARY PROGRAM

Your first step to joining the program is to schedule a consult with our office. This is an hour-long visit with a Nurse Practitioner. The out-of-pocket cost to the patient is \$100. Insurance companies will not pay this. You will also receive a starter pack which includes 35 Advantage Packets, multi-vitamins, a blender bottle, and a food journal. This is an additional, one-time \$85 out-of-pocket fee. All fees are due at time of service.

#### **Phase 1**

You will start out using an Advantage Packet as the basis of 3 of your 4 meals each day. You will follow this until you have reached 90% of your weight loss goal. After 3 weeks, a Restricted Carb Snack will be added each day.

*Average cost: \$63-84 per week.*

#### **Phase 2**

We will reduce the Advantage Packets to 2 per day while adding more food back into your diet at lunch. You will continue on this phase for a minimum of 2 weeks.

*Average cost: \$42-63 per week.*

#### **Phase 3**

For weight loss maintenance, we will re-introduce moderate amounts of healthy fats and carbohydrates to your diet at breakfast only. You will continue on the phase for a minimum of 2 weeks.

*Average cost: \$21 per week.*

#### **Phase 4**

All foods are back in your diet now. You will be educated on how to make healthy food choices using the right combination of fats and carbohydrates, with a 'Free' day each week.

**To schedule a weight loss consult, call 260-432-4400 (ext: 6390).**