

# JUMP START PROGRAM

## Is excess weight impacting your life?

Our 12-week Jump Start Program is designed to help you lose weight and improve your health. This program can boost your initial weight loss by providing an easy to follow plan that won't leave you feeling deprived. Our physicians, nurse practitioners, and registered dietitians provide the support and accountability to meet your individualized goals.\*

### PROGRAM HIGHLIGHTS

- Your individualized Jump Start meal plan will consist of some OPTIFAST® meal replacement shakes and bars in addition to one meal per day
- OPTIFAST® products are required to ensure adequate nutrition and prevent muscle loss (Cannot substitute over-the-counter products)
- Bi-Weekly group sessions with a registered dietitian, available in person or online
- Programs costs\*\*: \$150 for 12 weeks plus the cost for OPTIFAST® products
- Potential weight loss of two to five pounds per week (Average weight loss of 25-50 pounds over the 12 weeks, depending on starting weight)

### ADDING MORE FOR LESS

OPTIFAST® average weekly cost of \$105 is less than half the average weekly meal expenses below:

#### Typical Average

Average weekly grocery expenses for one	\$120
Average weekly spending on eating lunch out	\$50
Average weekly spending on eating dinner out	\$45
Total weekly food spending	\$215 vs <b>\$105 for OPTIFAST®</b>

**To make an appointment or for more information, call 205-934-7053.**

Special request the Jump Start Program for the quickest appointment.

Fax number for providers: 205-930-8655

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**FREE PARKING** is available in a fenced, one-level lot next to UAB Hospital-Highlands.

\*These services are typically covered by insurance and not part of program fees

\*\*Access to an exercise specialist available for an additional cost