



Weight Management Center

HealthyCORE Intensive Lifestyle Intervention

- 12-week intensive lifestyle weight loss program
- Focus on nutrition, behavior and exercise modification to promote a healthy weight
- Features weekly weight checks and educational classes
- Individual meal planning with dietitian
- Meal replacement options available: Shakes, Puddings, Soups, Bars

Average weight loss
1-3 pounds per week

Very Low Calorie Diet

- Ketogenic program utilizing nutritionally complete meal replacements as the sole source of nutrition
- Very low calorie, low-carbohydrate, high protein diet
~800 calories / 50 grams of carbs
- Dietitian follow up every 2 weeks
- Option to transition to a low-calorie diet at any time
- 2 weeks - 3 months

Aggressive weight loss
3-5 pounds weekly

Conservative

- Primarily managed by medical provider
- Focus on nutrition, behavior and exercise modification to promote a healthy weight
- Registered Dietician available to help with meal planning
- FDA approved prescription weight loss medications may be offered with this program when appropriate

Average weight loss
0.5-2 pounds per week

HealthyCORE

Month 1

- 60 minute New Start with Dietitian
 - Body Composition Test
- 4 weekly classes /Weight Check
- 30 minute Dietitian visit
- Fitness Assessment with Exercise Physiologist
 - 2 week pass to fitness center

Month 2

- 4 weekly classes/Weight check
- 30 minute Dietitian visit

Month 3

- 4 weekly classes/Weight check
- 45 minute Dietitian visit
 - Body Composition and Metabolism Test

HealthyWAYS - (Continuation)

Weekly Option

- 3 classes per month
- 1 Dietitian visit per month

Bi-Weekly Option

- 1 class per month
- 1 Dietitian visit per month

Very Low Calorie Diet

2 Week Cost

- Includes 30 minute Dietitian visit and 2 week supply of meal replacements

Follow-up is required every 2 weeks as long as you are enrolled in VLCD program

Conservative - à la carte options

Dietitian - Meal Planning

30 minute visit

60 minute visit

Dietitian - Meal Planning Bundles

30 minute visit

- 3 Visits + 1 Free Body Composition
- 6 Visits + 2 Free Body Compositions
- 12 Visits + 3 Free Body Compositions

BodySTATS Package

60 minute Dietitian visit

- Metabolism Test
- Body Composition

Body Composition Test



Weight Management Center