

Southcoast Weight Management Programs

In an effort to assist our employees on their journey to better health, Southcoast Health System is offering a variety of Weight Management Programs. These programs, offered by our nutrition department, have been proven to be effective in helping people not just lose weight, but make important lifestyle choices to maintain a healthy weight.

Additionally, with the Weight Management Program benefit available to employees enrolled in Southcoast Health Plan, the \$150 program fee for the **3Cs for Success**, **OPTIFAST® Full** and **OPTIFAST® Partial** programs will be pre-paid by the Southcoast Health Plan. Participants who complete the program criteria will not have to pay the fee at the end of the program. The completion criteria for each program are described below.

Monthly maintenance group counseling is available after completion of the program. This program is also available to employees not enrolled in the Southcoast Health Plan. The cost may vary depending on the program chosen and the completion criteria do not apply.

As an additional benefit, Southcoast Cardiovascular Services is offering open workout sessions for \$30 per month, with no contract required, at their Durfee Union and St. Luke's Hospital sites for participants.

Eligibility Requirements

- Southcoast employee
- Body Mass Index (BMI) of 30 or above
- Consent given for data collection

3Cs for Success

Commit. Challenge. Change.

This 12-week program aims at teaching participants **healthy food choices, behavior change and appetite awareness**. Participants will meet individually with a Registered Dietitian prior to starting the program to discuss their individualized calorie controlled meal plan to follow for the duration of the program.

The 12-week program includes:

- One-on-one session with a registered dietitian.
- One-on-one session with an exercise physiologist.
- Weekly group counseling sessions with weight monitoring.
- Monthly group counseling as part of ongoing weight maintenance.
- Program materials such as helpful handouts and education modules.

Weight Management Benefit completion criteria:

The \$150 program fee will be waived upon completion of all of the following criteria:

1. Attend one private **registered dietitian consultation**.
2. **Complete two biometric screenings**. First biometric screening to be completed within three weeks of starting the program. Second screening must be completed within three weeks of completing the program. *Note: You must fast for 12 hours before screening. Medication may be taken with water only.*
3. Attend a one-on-one session with an **exercise physiologist**.
4. Complete the following and record exercise on exercise log:
 - **Strength training** | Weeks one through 12: two days/week.
 - **Cardiovascular exercise**
Weeks one through eight: 100 to 200 minutes/week.
Weeks nine through 12: 200 to 250 minutes/week.
5. Attend at least **two group sessions** per month and nine group sessions overall.
6. Attend at least **one maintenance group session** within one month of completion of the group sessions.

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OPTIFAST®

OPTIFAST has helped more than one million people nationwide in their weight loss efforts, with more than 80 published studies documenting its effectiveness. Great-tasting meal replacements control nutritional intake while comprehensive lifestyle education and personalized support help participants create their healthy future. In addition to a pre-paid program fee, participants will receive **OPTIFAST** meal replacements at a very significant discount.

OPTIFAST®
The serious solution for weight loss™

The OPTIFAST Full Program

This is an 18-week program. In weeks one through 12, participants will only consume the **OPTIFAST** meal replacements while focusing on behavior change. Calorie level is 800 to 1,000 calories per day and average weight loss is three to five pounds per week.

Participants are medically monitored while in the active weight loss phase. In weeks 13 through 18, there is a gradual transition back to regular food.

Weight Management Benefit Completion Criteria

The \$150 program fee will be waived upon completion of all of the following criteria:

1. Attend one private **registered dietitian consultation**.
2. Complete four **lab draws, a physical and an EKG**.
3. Attend a one-on-one session with an **exercise physiologist**.
4. Complete the following and record exercise on exercise log:
 - **Strength training**
Weeks three through 18: two days/week.
 - **Cardiovascular exercise**
Weeks three through 8: 100 to 200 minutes/week.
Weeks nine through 18: 200 to 250 minutes/week.
5. Attend 14 of 18 **group sessions**.
6. Attend at least one **maintenance group session** within one month of completion of the group sessions.

The OPTIFAST Partial Program

In this 12-week program, participants will follow a meal plan provided by a registered dietitian that incorporates the **OPTIFAST** meal replacements in addition to a balanced meal, fruit and dairy. Calorie level is 1,200 to 1,500 calories per day and average weight loss is one to two pounds per week.

Weight Management Benefit Completion Criteria

The \$150 program fee will be waived upon completion of all of the following criteria:

1. Attend one private **registered dietitian consultation**.
2. Complete two **biometric screenings**. First biometric screening to be completed within three weeks of starting the program. Second screening must be completed within three weeks of completing the program. *Note: You must fast for 12 hours before screening. Medication may be taken with water only.*
3. Attend a one-on-one session with an **exercise physiologist**.
4. Complete the following and record exercise on exercise log:
 - **Strength training**
Weeks one through 12: two days/week.
 - **Cardiovascular exercise**
Weeks one through eight: 100 to 200 minutes/week.
Weeks nine through 12: 200 to 250 minutes/week.
5. Attend nine of 12 **group sessions**.
6. Attend at least one **maintenance group session** within one month of completion of the group sessions.