

# Complete Program Overview

## Keep-It-Off Online



We've developed our online program for those who need more flexibility in their weight loss journey. This program is fully virtual and uses video streaming calls to delivery consultation and educational material.

### **Our thorough medical assessments help us improve your health.**

To start the program, you'll meet with one of our board-certified physicians or highly trained nurse practitioners to discuss your needs and set your goal weight. We'll then run health assessments to get an accurate picture of your overall health, including:

- Medical history review
- Lab screening
- Electrocardiogram (Optional)

### **Keep-It-Off Online is a short term low calorie, low carbohydrate plan for quick results without hunger.**

This program is designed to supply a very low calorie diet at 600-800 calories per day. Since this is a form of the ketogenic diet, most patients will find it more comfortable because they will experience less hunger. Each day, you will consume 3-5 Hernried Center meal replacements. You have the option of utilizing all meal replacements or meal replacements plus additional calories from one meal consisting of an approved protein and vegetable option.

### **Maximize your results with our compassionate, expert Care Team.**

After your initial health assessment, our support staff will help you download the Mobile App and create you a HIPPA protected online dashboard. Our Care Coordinator will reach out to you within 24 hours to help familiarize you with the platform. Throughout the program you'll have access to our Care Team which is made up of;

seasoned behavioral health educators, highly-rated medical providers and your Care Coordinator.

**Learn the life skills you need to Keep It Off.**

Identifying and changing unhealthy habits is the most important factor in maintaining your weight loss. We'll provide you with the information and support you need to be successful. Through your Mobile App you'll have access to high-value; easy to use tools:

- Smart Scale with real-time tracking
- Weekly learning modules
- Direct messaging with your Care Team
- Nutrition and physical activity tracking
- Coaching with our Behavioral Coaches

At The Hernried Center, we believe that you will achieve weight loss while on the program, but you will only be able to maintain your new lower weight if you modify behavior and eating habits. Once you've reached your goal weight, we'll transition you to one of our maintenance programs to help you keep up the momentum.

**If you have additional questions please contact us at:  
[info@keepitoff.com](mailto:info@keepitoff.com) or call 916-978-0300.**