

Complete Program Overview

Q20+

We've developed Quick 20+ for those who need more flexibility with their weight loss journey. So whether you have 20lbs to lose, or 100lbs, Quick 20+ is your program.

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 (EKG)

In order to ensure you stay healthy and on track, one of our medical providers will perform a check-up every 2 weeks during your weight loss.

Quick 20+ is a short term low calorie, low carbohydrate plan for quick results without hunger.

Quick 20+ is designed to supply a low calorie diet at 1000-1,200 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 New Direction 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 Q20+ Mobile App and create you a HIPPA protected online dashboard. Our Quick 20+ 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 Quick 20+ 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

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 It Off.

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