

KEEP-IT-OFF PROGRAM GUIDE



Reach Your Goal Weight

A safe, affordable way to lose 2-5 lbs. a week.

- Medical monitoring to guarantee your safety
- Coaching classes to keep you motivated
- Mobile and web app to monitor your progress

Protect Your Weight Loss Results

Find support through our online community of like-minded people working to Keep-It-Off.

- Free online weight maintenance program
- Continued relationship with your Care Team



Medical Monitoring

Regular in clinic follow up visits with specially trained medical providers to ensure progress.

- Every Other Week
- Labs + EKG
- Monitor Medications
- Education + Support



Coaching Classes

Science based teaching and skill building to help you attain and protect a lower weight body.

- Weekly
- Online or In Clinic
- Experienced Behavioral Coach
- Peer Group



The Keep-It-Off App

Easy and convenient way to stay connected to our Care Team and your goals.

- Care Team Chat
- Learning Modules
- Discussion Groups
- Smart Scale

KEEP-IT-OFF PATIENT JOURNEY

PHASE 1	PREP		Initial Consultation First appointment with the medical provider to ensure your health and safety before starting the diet	Program Review One-time appointment with an on-boarding specialist the day you start the diet so that you're set up for weight loss success
PHASE 2	WEIGHT LOSS Ongoing every other week medical follow up visits & weekly coaching classes	Starter Series Classes Series of classes to guide you through the first few weeks of the program as you begin to lose weight and build a routine	Weight Loss Classes Core classes centered around education and skill building to help you achieve a lower-weight body & prepare for maintenance	
PHASE 3	MAINTENANCE Free maintenance program with paid options (classes and personal appointments)	Reintroduction Step-by-step framework to reintroduce grocery store food back into your diet to help prevent weight regain	Weight Maintenance Ongoing coaching, support & community to help you maintain and protect your weight loss results	

KEEP-IT-OFF FREQUENTLY ASKED QUESTIONS



When do I start the diet?

You'll begin the diet after your Program Review appointment.

What are Meal Replacements?

All nutrition plans include the use of our great tasting meal replacements that come in the form of shakes, puddings, soups and bars. We use meal replacements as a temporary measure to help simplify the weight loss phase while ensuring your body is receiving all of its nutritional needs. Your exact meal replacement needs will be prescribed by the medical provider at your initial consultation.

What is ketosis and how do I know it's working?

Nutritional ketosis happens when your body begins to metabolize fat as its primary fuel source. When you're in ketosis you may experience; increased energy, minimal hunger and weight loss.

What is the "keto flu"?

When your body is transitioning from utilizing carbohydrates as its main energy source to ketosis there is a brief period where you may experience "flu" like symptoms. These are temporary and typically subside in a few days.

How long will I be in this program?

The length of program is dependent on a few variables, including how much weight you want to lose, age, and gender. Most patients lose 2-3 lbs. per week or more. Once you've met your weight loss goal, we also continue to offer our support with services in weight maintenance.

Who do I talk to if I have questions?

The best way to communicate is to send a Care Team chat message to your Care Coordinator via the Keep-It-Off mobile or web app. Of course you can also talk to your Care Team during your regularly scheduled appointments and classes.

What if it's an emergency?

If there is a medical emergency, please go to your nearest emergency room or call 911. If you have an urgent message that's a non-emergency, please call our on-call staff at 916-978-0300 and follow the prompts.

When do I get the app and the scale?

You will receive a Keep-It-Off account for the mobile and web app at your Program Review appointment. You will get your Smart Scale and have it linked to your account.

I'm not big on technology, will this be hard?

We've worked really hard to make the mobile app easy and simple to use. For your convenience, we've also developed an online portal that allows you to access your account from a desktop, laptop or tablet.

Do I need to bring anything with me to my appointments?

For your Program Review appointment it will be important that you bring your smartphone and your desired email to create your account. At your subsequent medical monitoring appointments and coaching classes it is recommended that you have something to take notes with.