

MY Weight > LOSS ADVANTAGE

Medically Supervised Dietary Program

Your first step to joining the MWLA Program is to schedule a Consult with our office. This is an hour-long visit with a Nurse Practitioner. The out of pocket cost to the patient is \$100. Insurance companies **will not** pay this. You will also be given a Starter Pack which includes 35 Advantage Packets, Multivitamins, a Blender Bottle, and a Food Journal. This is an additional, one-time \$85 Out-Of-Pocket fee.

All fees are due at time of Service.

Phase 1: You will start out using an Advantage packet as the basis of 3 of your 4 meals each day. You will follow this until you have reached 90% of your weight loss goal. After 3 weeks a Restricted Carb Snack will be added each day. Average Cost: \$63 -\$84 per week.

Phase 2: We will reduce the Advantage packets to 2 per day while adding more food back into your diet at lunch, you will continue on this Phase for a minimum of 2 weeks. Average Cost: \$42 - \$63 per week.

Phase 3: For weight loss maintenance, we will re-introduce moderate amounts of healthy fats and carbohydrates to your diet at breakfast only, you will continue on the Phase for a minimum of 2 weeks. Average Cost: \$21 per week.

Phase 4: All foods are back in your diet now. You will be educated on how to make healthy food choices using the right combination of fats and carbohydrates, with a 'Free' day each week.

To Schedule a Weight Loss Consult call: 260-432-4400 Ext: 6390