



Health and Nutrition Technology's Remote Support Program



Change your life...so you can **Live It.**

THE PROGRAM

HNT's Remote Support Program is designed for individuals who want to lose weight and are willing to make life long changes to how they eat and exercise.

HNT is a medically supervised program for rapid and safe weight loss with skill building to help keep the weight off. Our emphasis is on health and weight management through a comprehensive, intensive and highly effective approach.

Program

- Weekly 60 minute classes taught by a professional health educator via a conference call and secure website.

SESSIONS

Foundation



- Loss of 2-4 pounds per week depending on weight loss needs.
- Medical monitoring by participant's physician.
- 20 weeks of educational/behavioral sessions.
- Physical activity introduced.
- Safe, rapid and effective weight loss, using HEALTH ONE, a meal replacement that provides the complete U.S. RDI for protein, vitamins and minerals in a low calorie diet.



On-Going Practice

- Discovering what a lifetime of health and weight management means.
- Medical monitoring by participant's physician as needed.
- Weekly education/support sessions.
- Practicing and fine tuning new food, eating and exercise habits.
- A gradual transition to adding grocery store foods to meet individual meal-plans.

WHAT TO EXPECT

The weight loss phase of the program varies in length depending on how much weight the participant wants to lose. During this time, participants are provided the structure, support, encouragement and knowledge they need to work toward their goals. On-going participation is recommended in order to continue practicing the skills necessary for a lifetime of continued health and weight management. This program is not a quick fix. It is a highly effective treatment option.

OUR FOCUS IS ON MAKING LIFESTYLE CHANGES



"I've been very impressed with the care and attention that the program has given to all of us. The support is key and that has been amazing."

- T. Holme, Indianapolis, IN

How to Get Started

The best way to get more information on the Remote Support Program is to contact HNT. We will send our on-line information session, which will provide a detailed explanation of our program. Upon viewing the information session, individuals will have an opportunity to speak with one of our health educators to discuss questions.

Requirements to Join

- Computer with internet access (preferably non dial-up)
- Computer speakers
- Phone line
- Personal physician approval
- Home scale

Costs

- Program fees are payable every four weeks for the first 20 weeks. On-going practice fees are due at the beginning of each calendar month.
- Food is sent directly to participant's home and billed with the program fees every four weeks.
- Further explanation of costs will be addressed upon contacting the Remote Support Program.

Locations

Participants must not live within a 100 mile radius of the following cities which are excluded from the RSP because they are within the general proximity of one of HNT's existing in-person programs:

- | | |
|--------------------|-----------------|
| Indianapolis, IN | Little Rock, AR |
| Durango, CO | Pine Bluff, AR |
| Salem, OR | Lincoln, NE |
| Cape Girardeau, MO | Owensboro, KY |
| Fremont, MI | |

Staff

Tina Holtmeier
Program Coordinator

Please call for additional information. **831.624.3904 ext. 5025**
RSP@myhealthone.com | www.myhealthone.com