

SOUTHCOAST MEDICAL WEIGHT MANAGEMENT

Frequently Asked Questions

Q: Does insurance cover the cost of the Optifast or 3 C's for Success Program?

A: Most insurance companies do not cover the cost of the programs however some insurance companies offer a wellness benefit and will reimburse you a portion of the cost if you submit a receipt of payment.

Most insurances do cover an individual appointment with a dietitian. An individual appointment with a dietitian is required before starting a program. It is recommended that you call your insurance company and ask if individual nutrition counseling appointments are covered under your plan.

Q: What is the out of pocket cost for the programs?

A: Optifast Full: starts at \$635 per month (includes program fee and meal replacements)

Optifast Partial: \$435 per month (includes program fee and meal replacements)

3C's for Success: \$135 per month

Q: Why would I want to use a product like Optifast® instead of eating food? Is this another type of fad diet?!

A: OPTIFAST® has been used for over 25 years.....It's hardly a fad diet. Optifast® weight management products offer:

- High quality, complete nutrition
- Pre-portioned and calorie controlled servings
- Quick and simple preparation

Have you tried losing weight by carefully measuring your food portions and noticed that the scale doesn't move? Many people find it difficult to accurately determine portion sizes and eat consistent amounts of food day after day. In fact, studies show that most people actually consume about 50% more calories than they actually think they do. This is not because they are in denial about what they eat, they simply do not have the skills to accurately track what they are eating.

Clinical studies also show that when people are given very few food choices, or even no food choices, it is easier to decrease the amount of calories they consume each day. By taking away the selection and preparation of foods, and reducing the vast array of available foods, people lose weight. This is the concept called "stimuli narrowing". By using portion controlled formula diet, such as Optifast®, all the nutrition needed each day is included. The benefits of this type of diet are in the reduced calories, complete nutrition, and perhaps most importantly, in the ability to stick with the diet because no food choices are made.

Imagine taking a break from food. While your body loses weight and your health improves, you will use the time to learn about good nutrition and healthy eating habits so that when you are eating food again, you are better equipped to manage it.

Q: Will I be hungry on the Optifast Program?

A: The feeling of hunger and the impulsive desire to eat are real concerns. The causes of hunger, whether physical or emotional, are difficult to determine. To increase success and sticking with the program, controlling hunger is a primary objective. This control involves both preventing and managing hunger sensations. The program staff will suggest various techniques to accomplish this goal. The good news is that, for most participants hunger sensations fade within a few days to two weeks after starting the program.

Q: After I'm done using the Optifast® products, what makes this program different from any other diet?

A: Optifast® is not just a “diet”. This word refers to the way we feed our bodies. But the word “diet” to many people means a painful, unrewarding form of punishment involving reduced food intake. The way we refer to the way we eat in our program is “lifestyle nutrition” rather than “diet”.

Our program is based on scientific research as well as what works and what doesn't in the real world. Therefore, we have to accept the fact that people love food. We want to eat and need to eat. The good news is our program teaches you how to eat and helps you build the necessary skills for developing healthy eating habits.

Also, participants can continue to use limited amounts of Optifast® products on an ongoing basis to help them stay on track.

Q: I am an emotional eater. Is Optifast® right for me?

A: Yes! Eating for comfort or to relieve anxiety is one of the biggest challenges facing America today. Food is often referred to as “America's most popular and widely abused anti-anxiety medication”.

When you think of it this way, you can understand more accurately the detrimental effects eating for the wrong reasons had on our bodies and lives.

Eating for emotional reasons may be a behavior learned at a very young age, even as an infant. These patterns must be changed before anyone can achieve the long-term success they are looking for with Optifast®. One of the keys to changing behaviors is not to just focus on eliminating the “bad ones” but to incorporate new ones into your daily habits.

Q: How do Optifast® products taste?

A: Most individuals find them pleasant and satisfying. Some may prefer one flavor over others. Remember that these products are designed to replace food entirely for a limited duration of time. This makes them much different than some commercially available nutritional formulas and products, both in taste and nutritional quality.

Q: What are some common side effects of the weight loss medications?

A: Side effects vary for the different weight loss medications available. Side effects are often temporary when they occur, as your body adjusts to treatment. The common side effects include:

Dry mouth

Constipation

Racing heart

Tremor

Insomnia

Nausea

Tingling sensations

Anxiety

Heartburn.

Q: Does insurance pay for the cost of weight loss medication?

A: Coverage of weight loss medications varies by insurance provider. Some commercial insurance plans cover even the most expensive drugs. Others cover none at all. Out-of-pocket, the least expensive medication is \$12 per month, and the most expensive is \$1500 per month. Cost is always taken into account when choosing an appropriate treatment. It is helpful to do your research prior to the initial Medical Weight Management doctor visit by asking your prescription plan which weight loss drugs they cover.