



FREQUENTLY ASKED QUESTIONS

HOW DO I KNOW IF THIS PROGRAM IS RIGHT FOR ME?

If you have a BMI >30, the program may be right for you. Jumpstart your weight loss and begin building positive habits to immediately improve your health!

WHAT WILL MY PROGRAM CONSIST OF?

With our help, you will decide on the appropriate meal plan and weight loss goals. You'll also have access to education resources, the mobile app, and delicious recipes.

HOW MUCH DOES THIS PROGRAM COST?

Office visits are typically covered by your insurance plan! If you select a program includes nutritional products, you must cover the cost of those. Keep in mind, these products will replace your typical grocery meals. In many instances, your meal can cost \$3.00 or less!!

MARY'S SUCCESS STORY

“ Life often gets in the way for many of us to focus on and health. Fresh Steps, however, alleviates this challenge. My path was an organized, high protein and low carbohydrate program. The tech-nology supplied me with not only the tools but the confidence to conquer life's obstacles! In 12 weeks, I lost 41 pounds! Fresh Steps has rejuvenated my confidence and allowed me to focus on health and nutrition for continued success. ”

READY TO GET STARTED?

Start your weight loss journey by letting us know you are interested in learning more!

CONTACT US:

www.freshstepsmeals.com



Take a step in the Right Direction

BEGIN YOUR WEIGHT LOSS
JOURNEY TODAY!

www.freshstepsmeals.com



OUR PLANS

Our flexible low-carb program prevents boredom and builds a framework for long term success:



WHY A MEDICAL WEIGHT LOSS PROGRAM?

- Delivered by a trained obesity specialist who is able to manage weight loss and other medical needs using a comprehensive approach.

WHAT ARE THE POSSIBLE BENEFITS OF WEIGHT LOSS?

- Reduced
 - Blood pressure and cholesterol.
 - Risk of diabetes.
 - Risk of heart disease and stroke.
 - Joint and tendon problems.
 - Cancer risk.
- Raised Energy Levels.
- Increased Self-Esteem.

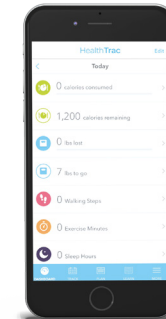
THE FRESH STEPS PHILOSOPHY

- Reliance on natural wholesome ingredients.
- Devoted to meal variety on all program plans to prevent dieter burnout.
- Build skills and gain tools to use both in and out of the kitchen.

WHAT'S ON THE MENU?

- Delicious, satisfying and nutritious low-carb meals.
- Products include smoothies, soups, chips, puffs, eggs, wafers and even pasta!

TOOLS FOR SUCCESS



- Track your progress with the HealthTrac app.
- Sync your fitness devices like FitBit to HealthTrac!
- Stay in touch with your provider with HealthTrac outside the office.

“ We value the nutritional benefits of fresh foods, while considering the traditional barriers to healthy eating: lack of time, cost, cooking skills and taste. ”