The OPTIFAST program

The OPTIFAST Program is a patient-centric, medically supervised weight management program that closely monitors and assesses progress towards better health and emotional well-being. The program, which usually lasts 26 weeks, utilizes a full meal replacement plan that transitions to self-prepared “everyday” meals in conjunction with comprehensive patient education and support, to help patients achieve long-term weight loss.

The OPTIFAST Program is designed for the severely obese, those with a body mass index higher than 35.

The OPTIFAST difference

The OPTIFAST Program succeeds because it treats the whole patient, focusing on more than just weight. A comprehensive medical weight loss program, OPTIFAST surrounds the patient with a team of healthcare professionals, including physicians, registered dietitians and lifestyle counselors to help patients achieve long-term weight loss. The goal is to provide patients with expert resources to address, modify and support lifestyle, behavior and diet decisions.

The OPTIFAST experience

- More than 80 peer-reviewed studies and a clinical database of over 80,000 patients illustrate the efficacy of the OPTIFAST Program.1
- Two years after completing the program: 2
  - 40% of patients maintained more than half their weight loss
  - 78% of men and 60% of women maintained medically significant weight loss
- Additionally, five years after completing the program, approximately 50% of patients maintained medically significant weight loss.2


*The typical OPTIFAST patient loses over 50 pounds in 18-24 weeks. For many dieters weight loss is only temporary.