EatRight™ Lifestyle Program

EatRight™ Weight Maintenance Program

EatRight™ Worksite Wellness Programs

UAB Risk Reduction Clinic

EatRight™ OPTIFAST™ Program
Opportunities present themselves to us everyday. Each day is a series of opportunities, waiting for each of us to do something every step along the way. EatRight™ has been a tremendous series of opportunities for me. Since joining the EatRight™ team, I have been consistently astounded at the possibilities that this program provides for improving lives. These possibilities, and eventual realities, happen very simply because of the tremendous group of individuals that dedicate themselves to this service. Our job is to provide you with every opportunity to be successful in creating a healthy lifestyle, leading to a healthier you. I believe that we can do this by providing you individualized nutritional therapy, tailored to who you are, how you live, and your unique needs. This is why I am excited to be a part of this opportunity made especially for you. I believe that the variety of services we provide is our way of saying that it’s not okay to use a “one size fits all” approach. No matter your individual weight challenges, the programs and people of EatRight™ Weight Management Services are up to the challenge…or better yet, the opportunity.

“Since joining the EatRight™ team, I have been consistently astounded at the possibilities that this program provides for improving lives.”

Dr. Jamy Ard, Medical Director
EatRight™ Weight Management Services
EatRight Weight Management Services developed out of the EatRight Lifestyle Program, the flagship of all weight control services at UAB. UAB physicians, dietitians, and psychologists developed the Lifestyle Program more than 30 years ago.

Since its inception, the Program staff has now assisted more than 2500 participants in making permanent changes in their food and physical activity habits. This proven program has a tremendous success rate. In a study of EatRight Lifestyle Program outcomes, researchers found that 78% of participants gained less than 5% of their body weight back, after being out of the program a little more than two years. Forty-six percent of those past participants maintained all of their weight loss or continued losing weight. Those figures, which illustrate long-term weight control, are the goal of EatRight Weight Management Services.

Unfortunately, long-term weight control may have been difficult for you to accomplish in the past because you tried to fit your life into programs instead of fitting the programs into your life. Many people find they are unable to stay on any program that doesn’t fit into their daily lives.

The Programs within EatRight Weight Management Services are not quick routes to weight loss followed by an equally quick weight rebound. In fact, the EatRight Programs teach you how to make smart food choices, and how to recognize your individual eating personality so that you can make changes that fit your lifestyle – not your co-worker’s or neighbor’s lifestyle.

So, congratulations! You’ve decided to take the first steps towards a healthier you. This process will be challenging, but with any of the EatRight Programs and commitment, you can establish a new, permanent way of living that promotes wellness and prevents many chronic health problems.

“The one ‘tool’ that has proved most useful to me personally is the ability to select foods based upon the contents of the nutrition labels now printed on most packaged foods.”

-Van
FAQ

Q: How do I know which one of the EatRight Programs is right for me?
A: Each of the EatRight Programs is designed to help you lose weight and maintain those changes. Our EatRight Lifestyle Program, for example, is ideal for someone who needs weekly accountability and enjoys the group setting. Our OPTIFAST Program is designed for someone needing to lose 50 or more pounds.

We invite you to attend one of our free Information Sessions, hosted weekly at a UAB facility, to learn more about our programs and decide which program is the best fit for you. Please see page 10 for the Information Session times and locations.

Q: Do I need my physician to refer me to any of your Programs?
A: You do not need a referral to our EatRight Lifestyle or Weight Maintenance Programs. We do recommend that you secure a referral from your primary care doctor for our UAB Risk Reduction Clinic. Our staff sends documentation to your physician if you join our OPTIFAST Program or the Risk Reduction Clinic. This allows your physician to better track your healthcare changes.

Q: Does insurance cover any of your programs?
A: Most insurers do not cover the cost of our EatRight Lifestyle, OPTIFAST, or Weight Maintenance Programs. Check with your primary care physician and your insurer about coverage for visits in our Risk Reduction Clinic.

Q: Who makes up the Program’s staff?
A: Our staff is comprised of physicians board-certified in nutrition and internal medicine, registered dietitians, exercise physiologists and health education professionals. We also work with psychologists and licensed counselors to provide the best care for our patients. All EatRight staff members share a common goal: improving the quality of our patients’ lives by teaching them how to make lifestyle changes that will last. Our motto is, “We want EatRight to be the last weight control program you’ll ever start.”

Our Motto: 

We want EatRight™ to be the last weight control program you’ll ever start.
The EatRight Lifestyle Program is a 12-week lifestyle-oriented weight control program. The Lifestyle Program is designed to beat the odds of the weight-loss battle, allowing you to lose weight and keep it off by easing into new eating and activity habits.

EatRight is not just another diet. It’s a plan that will put you in control of your weight for life. The average weight loss for someone on the EatRight program is 4% to 5% (8 to 25 pounds depending on the amount of weight the individual needs to lose). The multi-faceted program includes extensive nutrition education and support, providing the tools and information needed for success such as:

- How to substitute foods and behaviors that contribute to weight gain with healthy choices to keep you fit for life;
- Choosing dietary patterns that can reduce the risk of developing diseases that threaten a healthy life and lifestyle;
- Foods and recipes that taste as good as they are good for the body in a program that the entire family will enjoy;
- Enjoyable exercises to increase metabolism, making weight loss easier; and
- Emotional support from the EatRight staff and fellow participants.

The program is medically supervised by physicians board certified in clinical nutrition and internal medicine. Registered dietitians teach EatRight classes. The program emphasizes foods that have high water content, such as whole fruits and vegetables, and high-fiber foods such as vegetables, fruits, and grains as well as lean meats, low-fat dairy products and heart-healthy fats.

To Learn About the EatRight™ Lifestyle Program call 205-934-7053.

12-Week Program Cost:
60 min class $250
90 min class $300
(discounts for repeating the program)
The EatRight Weight Maintenance program is designed for individuals who have lost weight and want to succeed in maintaining that weight loss.

The EatRight Weight Maintenance program sessions are held weekly and are led by weight management experts including dietitians, exercise physiologists/personal trainers, psychologists and even those who have been successful at maintaining their weight loss.

Sessions are interactive and include physical activity and food demonstrations, recipe sharing, and group discussions to help you maintain your weight while managing your busy lifestyle. Important topics about maintaining weight are presented in a lecture format by our weight management experts. In addition, the Weight Maintenance Program provides you with the accountability that you need to spot challenges to your weight goals and support to get back on track when things are less than perfect.

Remember that the changes that you have made in your life to lose weight, including new dietary patterns, increased physical activity, and overcoming emotional challenges should become a lifestyle, not a once-in-a-while “diet.”

“No class is ever the same and the information I have learned has helped not only me but my entire family.”

-Mary Jane

To Learn About the Eat Right™ Weight Maintenance Program call 205-934-7053.

Program Cost:
- 3-month plan (bi-weekly) $60
- 3-month plan (weekly) $105
- 6-month plan (weekly) $180
- 12-month plan (weekly) $330
EatRight staff develop worksite wellness programs for employers throughout the Southeast. Classes are offered during the workday at the company’s facility.

Worksite Wellness Programs have achieved widespread acceptance in recent years. Implementation of these programs has been motivated by many factors, including an interest in improving the health of employees and a desire to provide additional employee benefits. It has also been proven that worksite health promotion can yield positive changes in employee health behavior and health status, resulting in reduced health care costs and insurance premiums.

“An important difference to me in the EatRight™ program is the emphasis on nutrition education.”

-Mary

EatRight’s Worksite Wellness Programs are multifaceted programs designed to improve the quality of your employees’ overall health by evaluating their present health status and making realistic suggestions for future improvement. This program can be offered as a benefit for employees at the worksite, separate and in addition to regular health benefits. The program includes all of the following components, which can be utilized depending on the needs and wishes of the employee and/or company:

• A variety of health screenings can be held at your worksite. Screenings include cholesterol, blood sugar, blood pressure, body composition, and fitness testing.
• EatRight staff design incentive programs to encourage participation and help to motivate employees to develop a healthy lifestyle. Incentive programs allow employees to earn points and prizes for practicing healthy behaviors.
• Employees receive an informative monthly newsletter with screening/class schedules, wellness facts, articles, recipes, contests and more!

Make a commitment to improving each employee’s health status by providing the opportunity and resources to become personally involved in the management of their care.

To Learn About Worksite Wellness Opportunities call 205-934-7053.

Companies who have utilized EatRight’s Worksite Wellness Programs:
• Alabama Power Company
• Alabama Baptist Children’s Homes and Family Ministries
• VIVA Health
• City of Birmingham

For More Information 1-205-934-7053 • www.eatright.uab.edu • 7
For most patients, changing lifelong habits takes time and effort, and your success is strongly correlated with levels of support you receive. Primary care physicians often do not have time or resources to offer comprehensive counseling about diet, exercise, and other lifestyle changes.

The UAB Risk Reduction Clinic, a division of EatRight Weight Management Services, is designed to address this challenge with evidence-based interventions for individuals at high risk for cardiovascular disease, including those who are overweight, have Type 2 diabetes, pre-diabetes, higher than normal blood pressure, or elevated cholesterol.

After an intake assessment that includes a review of medical history and diet records, complete physical examination, and measurement of metabolic rate, the clinic team works with you to create a risk reduction program that targets your individual risk factors and addresses your referring physician’s concerns. Individualized treatment plans are based on realistic goals. Treatment plans include structured group-based weight management programs, such as the EatRight Lifestyle Program, individual counseling with frequent follow-up in Risk Reduction clinic, prescription medication to assist with weight loss, or referral to a bariatric surgeon.

Dr. Jamy Ard is Medical Director of the Risk Reduction Clinic.

“I can’t say enough good things about EatRight™. It simply works.”

-Jim

To schedule an appointment in the Risk Reduction Clinic, call 205-934-5564.
EatRight OPTIFAST™ is a highly structured complete meal replacement system being provided by EatRight Weight Management Services as a part of a UAB’s comprehensive approach to weight reduction. OPTIFAST™ is designed for people who need to lose at least 50 pounds.

If you have moderate to high risk medical problems associated with being overweight, you are an ideal candidate for this 30-week program. In its standard form, the program includes 12 weeks of complete meal replacement, 6 weeks of transition to solid food using the EatRight Lifestyle principles, and 12 weeks of nutrition and behavioral counseling in the EatRight Lifestyle Program.

OPTIFAST™ requires close medical supervision during the first 18 weeks, and the program includes weekly medical visits and group counseling. Dr. Jamy Ard directs the OPTIFAST™ program, and the program is administered by EatRight registered dietitians and licensed lifestyle counselors.

“I feel better each day and my quality of life has definitely improved. The UAB Nutrition Staff has been so helpful and so wonderfully supportive.”

-Lisa

To get more information and to reserve a spot in the next information session, call 205-934-7053.

Payment Plans:
Option 1: $1,845 + $110/week for 18 weeks
Option 2: Full Payment $3,791
Option 3: Deferred Payments $1,845 divided into 4 payments + $110/week for 18 weeks
Schedule:

For the most up-to-date schedule of class offerings, please see our website www.eatright.uab.edu or attend one of our FREE Information Sessions:

EatRight Information Meetings - FREE Session
The Kirklin Clinic UAB campus 1st Floor Learning Center
1st and 3rd Wednesdays of each month
4:30 PM

EatRight Information Meetings - FREE Session
The Kirklin Clinic at Acton Road 3rd Floor Conference Room
2nd and 4th Wednesdays of each month
5:00 PM

Fees:

EatRight™ Lifestyle Program
12-Week Program Cost:
60 min class $250
90 min class $300
(discounts for repeating the program)

EatRight™ Weight Maintenance Program
3-Month Plan (bi-weekly) $60
3-Month Plan (weekly) $105
6-Month Plan (weekly) $180
12-Month Plan (weekly) $330

EatRight™ Worksite Wellness Program
Call 205-934-7053 for information.

UAB Risk Reduction Clinic
Call 205-934-5564 for information.

EatRight™ OPTIFAST™ Program
Payment Plans:
Option 1: $1,845 + $110/week for 18 weeks
Option 2: Full Payment of $3,791
Option 3: Deferred Payments - $1,845 divided into 4 payments + $110/week for 18 weeks

*Dates and fees for all programs subject to change.
Staff

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