

# WHAT TO EXPECT



The first step will be to meet with an onboarding specialist to review your medical and family history, explain the program, coordinate remote monitoring accounts, and answer any questions.

**1**

MEDICAL ONBOARDING

LABS

**2**

Next, you will need to fulfill the lab order sent to your Elation patient passport. The invitation to create this account was sent during your onboarding call. Once your labs have been drawn, please call the office to book your next appointment.

You and your health coach will meet for approximately one hour to review diet/weight history and discuss our weight loss plan and how it works.

**3**

HEALTH COACH ONBOARDING

WEEK 1

**4**

This is the official start of your 24-week program, and is a 90-minute appointment with your doctor and health coach. Contact the office after this visit to schedule your next 23 weeks.

You will meet weekly for approximately 30-minutes with your doctor or health coach. A second set of labs will be ordered at Week 7.

**5**

WEEKS 2-8

WEEKS 9-16

**6**

Appointments will be every other week, as you begin to work through your new lifestyle changes. Second labs will be reviewed at Week 9.

At this point in the program, once hunger and cravings are reduced, we may begin to address other Weight Loss Levers: exercise, fasting/time-restricted eating, sleep hygiene, mental health.

**7**

7 LEVERS

WEEKS 17 - 24

**8**

Appointments will be monthly in order to allow you the freedom to work through the challenges of a new lifestyle. Frequent check-ins with your health coach will keep you accountable.

Labs will be repeated to ensure your metabolic health goals are being achieved.

**9**

WEEK 20

LONG-TERM SUCCESS

**10**

What does long-term success look like? Our goal is to teach you how to sustain this lifestyle forever.

Labs repeated and discussed, and future plans for your metabolic care and needs are explored to ensure continued success.

**11**

WEEK 20 - 24

NEXT STEPS

**12**

After week 24, we are here to support you in any way you might need, from continued medical maintenance, health coaching, and group coaching, to webinars & app social support.