



Disease Remission in Obesity Programs (DROP)

Center for Diabetes and Endocrinology
Center for Obesity Medicine

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Outline

- DROP Overview
- Specific Programs
 - OPTIFAST
 - Partial Meal Replacement
 - Optimize
 - Mediterranean Life
- Referral Information
- Questions

Program Overview

- Comprehensive **lifestyle** programs with option for medical management for weight loss and management
- DROP is part of UPMC's Center for Diabetes and Endocrinology
- Staff:
 - Physicians Board certified in obesity medicine
 - Registered dietitians
 - Clinical and administrative support staff

Why Consider Weight Loss?

- Osteoarthritis or need for orthopedic surgery
- Need for general surgery (e.g., hernia repair)
- Fatty liver disease
- Cardiovascular disease
 - High cholesterol and triglycerides
- Infertility and pregnancy complications
- High blood pressure
- Strong family history of certain cancers
- Sleep apnea
- Type 2 diabetes
- PCOS
- Difficulty losing or maintaining weight loss in past attempts

If you are ready to lose weight and **improve your health**, we can help!

Why Lifestyle Programs?

Attendance and engagement in **group classes** can help with weight loss in the following ways:

- Provides **accountability**
- Fosters an environment for effective **problem-solving**
- Creates a **support** system
- Develops a **knowledge-base** for weight loss strategies and evidence-based nutrition information

General Class Topics*

- **All programs focus on behaviors/habits *and* nutrition to address the various tools for successful weight loss and management**
- **Nutrition topics**
 - Meal planning and preparation
 - Navigating going out to eat
 - In depth discussion of food groups
 - Food labels reading
 - Grocery shopping
 - Cooking methods
 - Debunking nutrition myths
 - Mindful eating
- **Behavioral topics**
 - Self-monitoring (e.g., weighing yourself, counting calories/food tracking)
 - Modifying your environment to encourage healthy behaviors
 - Using social support
 - Goal setting
 - Keeping up motivation
 - Coping with food cravings
 - Stress management
 - Sleep hygiene

*Depending on the program, certain class topics listed above may or may not be covered

Program Snapshot

Program	Physician visit required	Length (months)	Frequency	Brief Description
OPTIFAST*	YES	6 months	<ul style="list-style-type: none">• 16 lifestyle visits with RD• 4 shared medical appointments• 2 one-on-one medical appts• Pre/post metabolic testing• Pre/post body composition assessment	Very low-calorie diet
Partial Meal Replacement (PMR)	NO, but strongly recommended	6 months	<ul style="list-style-type: none">• 12 twice monthly lifestyle visits with RD• 1 individual meal planning visit with RD• 2 medical appointments (optional)	Low-calorie diet
Mediterranean Life	NO	12 months	<ul style="list-style-type: none">• 1 start class with RD• 12 monthly lifestyle visits with RD	Healthy eating patterns
Optimize	NO, but strongly recommended	12 months	<ul style="list-style-type: none">• 12 monthly lifestyle visits with RD• Midway individual visit with RD with attendance requirement	Weight maintenance after OPTIFAST/PMR

- All our virtual* group programs focus on both the **behavioral** (habit) and **nutrition** components of weight loss and **long-term weight management**

*OPTIFAST requires 2 in-person medical visits

OPTIFAST Program

- **Very low-calorie diet for maximal non-surgical weight loss and disease remission**
 - Most intensive lifestyle intervention option in terms of calorie restriction and time commitment
 - 6-month program where first ~3 months = total meal replacement; last 3 months = focus on slowly reintroducing food groups
 - Medically monitored
- **The OPTIFAST Program may be a good fit for you if you:**
 - Need to get off/reduce certain medications
 - Have type 2 diabetes
 - Need orthopedic surgery
 - Need infertility treatment
 - Have found that following less intense interventions results in limited weight loss

OPTIFAST Program

- **Virtual lifestyle education classes (nutrition education and behavior strategies):**
 - 60-minute classes (first class is 90 minutes)
 - Will be held on Mondays or Tuesday at 9am or 3pm
 - class times vary based on month starting
 - 16 sessions over 6 months
 - Group format: up to 10 people/group
- **Two in-person appts with the physician at the clinic are required.**
 - 1 @ the beginning of the program
 - 1 @ the end of the program
- **Metabolic testing and body composition assessment is recommended.**
 - Pre/post program
 - Typically, a separate in-person appointment than medical visits above
- **Shared medical appointment (SMA) component**
 - Group virtual appointments with physician during months 2 through 5
 - Allows everyone the opportunity to learn what is or isn't working for others, gain new ideas and insights, and receive treatment from physician

OPTIFAST Program

Outcomes:*

- Average weight loss = 18% among those who complete the program
- Reversal of polycystic ovary syndrome (PCOS) and fatty liver disease
- Reduction or cessation of certain medications
- Improved cholesterol, A1C, blood pressure, etc.
- Improved sleep, energy, and mood

Steps to enroll in the OPTIFAST Program:

- Weight loss consult with one of our physician's **Board certified in obesity medicine**
- To get this consult, you need to complete the **Weight History Form**
 - Program administrative assistant will reach out for scheduling once this is returned
- The physician will then determine if OPTIFAST is a good fit
- If so, labs and EKG need to be completed prior to enrolling

*Weight loss and health outcomes vary based on individual factors, including adherence to the program, starting weight, inclusion of anti-obesity medication, and lifestyle habits.

OPTIFAST Program

- **Pricing***
 - For first 6 months (\$450 total)
 - Covers program costs:
 - Group classes and content provided (led by a registered dietitian)
 - Electronic or physical binder with OPTIFAST™ readings
 - Ongoing support from registered dietitian and administrative staff
 - Note: The **Optimize** program is *strongly* encouraged after OPTIFAST due to risk of weight regain and cost is \$250/year – paid *after* completing 6 months of OPTIFAST.
 - Medical appointments, labs, and body composition and metabolic tests are billed *through insurance*
 - Product is purchased through OPTIFAST/Nestle e-Store
 - Cost ~\$13-16/day (not included in cost above)
 - Cost is approximate as different individuals have different OPTIFAST prescriptions.
 - Consider minimal grocery purchases during total meal replacement phase.

*Reflects approximate/projected cost for information purposes and is subject to change up until time of payment. If interested in having classes billed through insurance, please let us know – this may or may not be a feasible option.

Partial Meal Replacement (PMR) Program

- **Low-calorie diet for weight loss**
 - Intensive lifestyle intervention with partial use of meal replacement products
 - Focus on stimuli/food choice narrowing (half of calories will come from meal replacement product for first ~3 months)
- **The PMR program may be a good fit for you if you:**
 - Want the flexibility of incorporating all food groups throughout, but also like the idea of a structured meal plan
 - Are not interested in rapid weight loss with our OPTIFAST program (as there is more risk with this) or have health conditions that prevent this
 - Have food allergies/intolerances that are not accommodated by OPTIFAST products
 - Achieve benefits associated with weight loss

PMR Program

- **Virtual lifestyle education classes (nutrition education and behavior strategies):**
 - 60-minute classes (first class is 90 minutes)
 - Will be held on Wednesdays at 3pm or Thursdays at 12pm
 - class times vary based on month starting
 - Class start times subject to change based off patient interest and dietitian availability
 - 12 visits: 2 visits/month for 6 months.
 - Group format: up to 10 people/group
- **One virtual 1-on-1 visit with dietitian**
 - Develop a partial meal replacement meal plan that fits your needs
 - 30-minute appointment
- **Medical appointment**
 - Recommended, but optional 1:1 medical appointment at 3 and 6 months

PMR Program

Outcomes:*

- Average weight loss = 5-10% among those who complete the program
 - Up to 15% with use of an anti-obesity medication
- **Steps to enroll in PMR Program:**
 - Complete the **weight history form** and send back via MyUPMC or email to weaverdd@upmc.edu
 - Please indicate if you would like a visit with the physician after completion of the form
 - The form will be reviewed prior to approving enrollment
 - No pre-program appointment with physician required
 - Recommended to follow independently with obesity medicine physician for medication management and/or lab work

*Based on studies of similar programs. Weight loss and health outcomes vary based on individual factors, including adherence to the program, starting weight, inclusion of anti-obesity medication, and lifestyle habits.

PMR Program

- **Pricing***
 - 6 months (\$250 total)
 - Covers program costs:
 - Group classes and content provided (led by a registered dietitian)
 - 1-on-1 meal planning visit
 - Ongoing support from registered dietitian and administrative staff
 - Dietitian will review and provide feedback on food logs after class 3
 - Tip-of-the-week emails highlighting foods, recipes, and behavioral strategies
 - DROP Support Facebook Page
 - Note: The **Optimize** program is *strongly* encouraged after PMR and cost is \$250/year – paid *after* completing 6 months of PMR.
 - Any medical appointments and lab work are billed through insurance
 - Meal replacements (not included in above price)
 - Can purchase through OPTIFAST/Nestle e-store
 - List of approved meal replacement products will be provided– there will be options that can be purchased at Costco, Sam's Club, Giant Eagle, CVS, etc.
 - If you would like an idea of products that can be used prior to enrolling, please contact program staff
- **To enroll visit this link:** [DROP – Partial Meal Replacement Program](#)

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OPTIMIZE Program

- **Weight maintenance lifestyle intervention strongly encouraged *after* completing the OPTIFAST or PMR Program** (not intended for new patients)
 - Can also rejoin the program later or for additional year for extended accountability
 - Still encouraged to utilize 1-3 meal replacement products/day and follow specific calorie target
- **Virtual lifestyle education classes (nutrition education and behavior strategies):**
 - 60-minute classes
 - Many time options available to fit a busy schedule
 - Wednesday and Thursday at various times, including evening class options!
 - 12 visits: 1 visits/month for 12 months
 - Midway 1:1 appointment with dietitian (attendance requirement)
 - Group format: up to 10 people/group
 - Rolling enrollment – everyone is in a different place in the program
- **Medical appointments**
 - Not incorporated into program.
 - Patients are encouraged to follow with obesity medicine physician every 3-6 months.

OPTIMIZE Program

Pricing*

12 months (\$250 total)

Covers program costs:

Group classes and content provided (led by a registered dietitian)

1:1 session with registered dietitian midway through with good attendance

Tip-of-the-week emails highlighting foods, recipes, and behavioral strategies

DROP Support Facebook Page

Meal replacements (not included in above price):

Can continue to purchase through OPTIFAST/Nestle e-store

List of approved meal replacement products will be provided– there will be options that can be purchased at Costco, Sam's Club, Giant Eagle, CVS, etc.

To enroll visit this link: [**DROP – Optimize Program**](#)

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Mediterranean Life Program

- **Focus is on sustainable adjustments for healthier lifestyle and eating pattern**
 - Less intensive than PMR and OPTIFAST Programs
 - Recommendations follow the Mediterranean diet and lifestyle
 - Variety of whole foods including vegetables, fruit, beans, whole grains, nuts, fish/seafood, and olive oil
 - Strong social connections, mindful eating, physical activity, stress management, and sleep hygiene
- **The Mediterranean Life Program may be a good fit for you if you:**
 - Want healthy and flexible eating pattern you can follow for life!
 - Want the benefits associated with eating more nutrient dense foods and healthy lifestyle habits (regardless of weight status)
 - Can participate in this program with any health goal although there is a focus on weight loss in our program
 - Enjoy cooking and eating lots of vegetables, whole grains, beans, fruit, etc.
 - Achieve benefits associated with weight loss

Mediterranean Life Program

Virtual lifestyle education classes (nutrition education and behavior strategies):

- 60-minute classes

- Many time options available to fit a busy schedule

 - Monday, Wednesday, and Thursday at various times, including evening class options!

- 12 visits: 1 visit/month for 12 months

- Group format: up to 10 people/group

- Rolling enrollment – everyone is in a different place in the program

Start class

- General program recommendations and meal guidelines/plan are introduced

- Occurs the 3rd Friday of the month at 8:30 am

 - Alternative time can be offered in specific circumstances.

Physician appointments are *not* incorporated into program

- Can opt to see one an obesity medicine physician

Mediterranean Life Program

Outcomes*

- Average weight loss = 3-10% among those who complete the program

Pricing**

- 12 months (\$250 total)
 - Covers program costs:
 - Group classes and content provided (led by a registered dietitian)
 - Ongoing support from registered dietitian and administrative staff
 - Tip-of-the-week emails highlighting foods, recipes, and behavioral strategies

To enroll visit this link: [**DROP - Mediterranean Life Program**](#)

*Based on studies of similar programs. Weight loss and health outcomes vary based on individual factors, including adherence to the program, starting weight, inclusion of anti-obesity medication, and lifestyle habits.

**Reflects approximate/projected cost for information purposes and is subject to change up until time of payment. If interested in having classes billed through insurance, please let us know – this may or may not be a feasible option.

Additional Information

Visit our program website: www.upmc.com/drop

Visit our program enrollment pages:

DROP – Partial Meal Replacement Program

DROP – Optimize Program

DROP - Mediterranean Life Program

For questions:

Please call Dian, DROP Program Administrative Assistant, at 412-376-5103