



# Disease Remission in Obesity Programs (DROP)

Center for Diabetes and Endocrinology  
Center for Obesity Medicine

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# Outline

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

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

\*Total Meal Replacement – Numetra Program requires 2 in-person medical visits

# Total Meal Replacement (TMR) – Numetra 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 Total Meal Replacement – Numetra 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

# TMR – Numetra 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

# TMR – Numetra 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 Total Meal Replacement – Numetra 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 TMR – Numetra 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.

# TMR – Numetra 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 Numetra readings
      - Ongoing support from registered dietitian and administrative staff
    - Note: The **Optimize** program is *strongly* encouraged after TMR - Numetra due to risk of weight regain and cost is \$250/year – paid *after* completing 6 months of TMR - Numetra.
  - Medical appointments, labs, and body composition and metabolic tests are billed *through insurance*
  - Product is purchased through our clinic's e-store
    - Cost ~\$13-16/day (not included in cost above)
      - Cost is approximate as different individuals have different Numetra 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 TMR – Numetra Program (as there is more risk with this) or have health conditions that prevent this
  - Have food allergies/intolerances that are not accommodated by Numetra 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
  - 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 our clinic's 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](#)**

\*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.

# OPTIMIZE Program

- **Weight maintenance lifestyle intervention strongly encouraged *after* completing the TMR – Numetra Program 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 our clinic's 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\*\*](#)

\*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.

# Mediterranean Life Program

- **Focus is on sustainable adjustments for healthier lifestyle and eating pattern**
  - Less intensive than PMR and TMR - Numetra 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 3<sup>rd</sup> 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 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.

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# Additional Information

Visit our program website: [www.upmc.com/drop](http://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 **412-586-9780**