



Health Care Provider Information Sheet

Explanation Of Habits Of Health Program For Health Care Providers

Your patient has made the fundamental choice to create health in his or her life by taking part in a comprehensive health improvement program.

This program is intended to help people reach a healthy weight and develop the habits that will create lifelong transformation in their health and wellbeing. As health care providers, we know that lifestyle change is the only thing that creates sustainable weight management and long-term health. Diets by themselves have no lasting value and the statistics on recidivism are very high. We provide the strategies, tactics, tools and support to awaken, guidance by providing each patient a coach, a community of support, the Habits of Health Transformational System (educational and blueprint for long term health and wellbeing) and scientifically-proven products and programs.

I have asked your patient to share this program with you, the patient's personal health care provider, so that you are aware of the changes they will be making to their diet and lifestyle (as this can affect certain health conditions and medications) and can properly advise and monitor as you deem appropriate. This may include potentially adjusting or eliminating medications which they may no longer need as they improve their health and their wellbeing.

The following is a brief description of the phases of the system and program and some suggested medical support you can provide that I hope is helpful.



Phase I: Reaching a Healthy Weight

Most of our patients and clients start in the weight loss and management phase:

- Nutritionally-balanced meal plans that incorporate six, portion-controlled meals per day, one every two to three hours.
- These healthy fuelings are low glycemic and soy based, although non-soy options are available as well as non-GMO options and they do not contain colors, flavors or sweeteners from artificial sources.
- Eat one healthy lean and green meal per day which teaches them how to pick healthy foods and create healthy meals, which leads to the ability to create long term habits of shopping and eating for long term success and eating all meals that are healthy in baby-steps.
- Plate and color coded eating system for permanent healthy eating habits.
- Progressive daily movement program.

Phase II: Lifestyle Change

Once we have the patient in a fat burning state and losing weight, they will experience more energy and self-efficacy, we then use this teachable moment to start introducing other healthy habits installation:

- Healthy eating for life using a plate and color coded eating system.
- Increased movement through a daily walking program with progressive resistance and cardio training at the patient's pace and perceived difficulty of exertion and target heart rate as a guideline.
- Improved sleeping rituals, routines and environment modification.
- Support from their free personal coach, online webinars, and podcasts.
- Connected to our health community.
- Ongoing instruction through the Habits of Health System, the book, the Lifebook, which is an interactive journal, and the App, a daily habit installer.
- Focus on Motivation and ability to provide microHabits to increase installation by creating consistency.

Phase III: Optimization

We will continue to work on healthy weight management, eating, and sleeping, but will also help develop individual responsibility, emotional agility, and stress management.

- Stop. Challenge. Choose.™ and relaxation exercises.
- Meditation.
- We know that by changing the underlying environment we can have a profound effect on behavior and health. In this phase we will:
 1. Remove inflammatory stimulants, water, air, home toxins
 2. Improve pantry/ bedroom environment
- Enhancement of healthy nutrients.

Patient Progress

Your patient will be eating a reduced amount of balanced calories, protein, and fat during phase I. They will lose weight at a steady pace while conserving muscle.

As a result, their blood sugar, cholesterol, blood pressure, and c-reactive may decrease significantly and therefore, should be monitored. You may need to decrease and many times stop hypoglycemic agents and insulin while increasing blood sugar monitoring as their glucose levels return towards normal.

This is imperative to prevent hypoglycemia.

Other Suggested Diagnostics

In addition to routine blood chemistry, suggested labs include lipid profile for baseline, hs-CRP, and an EKG. A cardiovascular assessment is suggested in high risk individuals especially if they have considerable weight to lose or they have been inactive.



Significant Disease Precaution

Our program uses healthy food and common sense habit installations its principle tools. There are no pharmaceuticals so it can be used on a wide range of patients, in terms of age and comorbidity. That said, our program is not appropriate for women who are pregnant or anyone under the age of 13, and our program for teens is the only program appropriate for those ages 13 to 17 years.

Since your patient may lose weight, we also want to identify that some patients should be evaluated more thoroughly before beginning the program. If your patient has a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), they should not use our program until you feel they have recovered or stabilized. Examples would be within three months of an Myocardial Infarction (MI) or recent or reoccurring stroke or mini stroke, unstable angina, severe liver or kidney disease clotting disorders active cancers, eating disorders, severe psychiatric disturbances, current use of Lithium or Type One diabetes (Brittle). Patients taking prescription medications, especially Coumadin® (warfarin), lithium, diabetes medication, or medications for high blood pressure, may need to be monitored more closely. We offer specialized programs for nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day.

Note: Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness, or gastrointestinal disturbances.

We recommend drinking 64 ounces of water each day. Patients are to consult with you prior to changing the amount of water they drink as it can affect certain health conditions and medications.

For more information on our program please go to www.habitsofhealth.com or contact one of our coaches.