

IMPORTANT

Participant Information

HMR at Home® is a comprehensive program designed to improve your health through weight loss by incorporating new, healthy lifestyle behaviors. Medical studies indicate that people who are overweight or obese (with a BMI of 25 or greater) are at increased risk of many health problems and diseases including heart disease, diabetes, gallbladder disease, kidney disease, gout, osteoarthritis, neurological disorders, and certain types of cancer. Although no guarantees are made with regard to the results of this program, the likelihood that health risks associated with being overweight will be reduced is statistically better with the achievement of an ideal body weight.

While the Healthy Solutions Diet has been demonstrated to be effective, it is not right for everyone. Certain medical conditions prohibit your participation.

Is this Program Right for You?

Most people achieve positive weight-loss results from their participation in this program. However, any diet or exercise program can pose health risks if not evaluated in light of your current medical conditions, and should be assessed by a medical professional to determine if it is right for you.

The weight-loss phase of the HMR at Home Program is not appropriate, and must not be used, by the following individuals:

- Individuals who are pregnant or who are lactating (nursing a baby) for less than 12 weeks. Women who become pregnant or suspect that they are pregnant must immediately notify their coach and understand that they will not be allowed to continue in the program.
- Individuals who are anorexic or bulimic.
- Individuals who are allergic to egg, milk, corn, or soy. (Note: Lactose sensitivity or intolerance can be managed by using the HMR 70 Plus lactose-free shakes.)
- Individuals who are 18 years of age or under, or over 70 years of age and have a history of dizziness, prior TIAs (transient ischemic attacks), or strokes.
- Individuals who are taking the anti-seizure medication Trileptol® (oxcarbazepine).
- Individuals who have had bariatric surgery.



Average weight loss in 12 weeks

23.4 LBS.

In a clinical study, participants following the Healthy Solutions Diet with weekly phone support lost an average of 23.4 pounds in 12 weeks.

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Consult Your Doctor Before You Begin

Before you begin this program, you should consult with your physician about any medical conditions or medications that could be affected by diet, exercise, or weight loss. It is important to know that certain health risks have been associated with losing weight. Any weight-loss program may be associated with side effects including, but not limited to, the following: dizziness or light headedness, bowel changes, muscle cramps, fatigue, temporary anemia, cold sensation, menstrual irregularities, dry skin, temporary skin rash, and temporary hair loss. The following may also be associated with weight loss: the aggravation of pre-existing gallbladder disease, the development of gallbladder sludge or crystals, the appearance of previously undetected gallstones, or the development of gallstones. The development of gallbladder disease could result in the need for surgical removal of the gallbladder. These conditions can also cause inflammation of the pancreas. Pancreatitis can be a serious condition and can become a chronic problem, lasting after any gallbladder disease has been resolved. A small percentage of people may develop symptoms related to gallbladder disease during any weight-reducing diet, including this diet using meal replacement products. A small percentage of people after a considerable weight loss (usually 50 or more pounds) may develop temporary neurological symptoms such as limb weakness or numbness. Avoiding activities that cause compression on nerves, such as prolonged crossing of legs may prevent this. If you have questions, consult your physician or a qualified medical professional.

Important Information for People Who Are Taking Medications to Treat Diabetes

If you are taking diabetes medications, it is important that you contact your physician prior to starting the program to arrange for medical monitoring during the diet. During the program, your daily food intake will have an impact on your blood sugars, and your medications may need to be adjusted or discontinued based on your blood sugar testing, especially during the initial phase when you are losing weight. You should discuss the following with your doctor:

- The frequency of self-monitored blood glucose (SMBG) testing while you are in the weight-loss phase of the program
- Diabetes medication adjustments
- Frequency of follow-up with your doctor to review your SMBG and medications
- Blood sugar guidelines for contacting your doctor

Ongoing weight management and weight loss will continue to have an impact on your diabetes and diabetes medication.

Important Information for People Who Are Taking Diuretics (Water Pills) and Other Drugs for High Blood Pressure

Your physician may have prescribed medication to help you control your high blood pressure. Sometimes similar medications are also prescribed for other reasons, such as for control of migraine headaches or for symptoms of enlarged prostate (in men). During weight loss, you may need to have these medications adjusted or discontinued to prevent possible side effects such as dizziness, weakness, or fainting. If you have had a history of high blood pressure, or are taking any medications that affect blood pressure, including diuretics, it is very important that you have continued contact with your physician to continue to evaluate your blood pressure and your medications. Your physician will inform you of how frequently your blood pressure should be checked, and he/she will be responsible for making medication changes. Contact your physician if you experience any symptoms of low blood pressure, such as excessive fatigue or dizziness, especially upon changing positions quickly.

Important Information for People Who Are Taking the Anticoagulant (Blood-Thinner) Coumadin® (warfarin)

HMR Shakes contain vitamin K, which counteracts the effects of Coumadin on thinning your blood. Each serving of the HMR 120 Shake contains 28 mcg of vitamin K. All other HMR Shakes, Soup and Multigrain Hot Cereal contain 20 mcg of vitamin K per serving. You should use the same number of HMR vitamin K fortified products daily to maintain an even level of vitamin K in your blood. This will assist your physician in managing your medication. During weight loss, you will need regular blood tests to evaluate the effectiveness of your medication, and your physician will make the necessary medication adjustments. Contact your physician to schedule your lab work when you start the diet.

To assist you in reviewing the information above with your physician, there is a document called "Diet Information to Share with Your Primary Care Provider" included in your program materials.