

Is OPTIFAST® right for me?

The program is a comprehensive method to weight loss that requires commitment to lifestyle changes in both diet and physical activity. OPTIFAST® is designed for patients with a BMI, or Body Mass Index, of at least 30. Patients that are overweight, with a BMI of 25 to 29, can be evaluated on an individual basis to determine if they are appropriate for enrollment within the program.

If you would like to discuss your candidacy for the program, or receive more information about our program, please contact our office at 252-522-7168.



Dr. Charles Moore



Dr. Joel Rose



Financial Considerations

Insurance may cover portions of the OPTIFAST® program. By contacting our office to schedule an information session, we can identify and discuss your specific insurance benefits, as well as expected out of pocket expenses. Self-pay options are also available.

Please call our Bariatric Associate to schedule a free initial appointment with our Bariatric Educator/Registered Dietitian at 252-522-7168.

701 Doctor's Drive Suite A
Kinston, NC 28501
www.lenoirwellness.org
P: 252-522-7168 F: 252-208-1647



Don't Weight

Non-Surgical Weight Loss



Offering an individualized and comprehensive medically managed weight loss program.

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The OPTIFAST® Program

Under the direct medical care of Dr. Charles Moore and Dr. Joel Rose, OPTIFAST® allows participants to take control of their health through a comprehensive, physician-monitored weight loss plan. The OPTIFAST® diet program is designed to help you keep the weight off, and studies prove that a majority of patients maintain weight loss for five or more years. To help ensure your long term weight loss success, our patient-focused program provides:

- * Medical supervision to support your goals and manage weight-related health problems
- * 4-5 week nutritionally dense OPTIFAST® full meal replacement diet to initiate weight loss One-on-one coaching sessions with our Bariatric Educator/Registered Dietitian
- * Bimonthly group support sessions led by one of our passionate health care professionals
- * Educational materials created especially for OPTIFAST® participants
- * Personalized guidance from an exercise specialist and health coaching sessions
- * Lifelong support and guidance after program completion

What are the Health Benefits of the OPTIFAST® diet?

- * Appropriate calorie level to promote significant weight loss
- * Products are low in fat and contain high quality protein
- * 100% of recommended intake for 24 different vitamins
- * Reduction in obesity related diseases such as diabetes, hypertension, coronary heart disease, osteoarthritis
- * Improved quality of life



Financial Benefits of Weight Loss

- * Lower healthcare spending
- * Decreased prescription medication spending
- * Reduction in missed work due to sick days

Medical Nutrition Therapy

Nutritional counseling is also available for those who desire more one-on-one time with our Bariatric Educator/Registered Dietitian. These participants can expect to receive:

- * Review of what you eat and your eating habits
- * Thorough review of your nutritional health
- * Personalized nutrition treatment plan
- * Realistic and achievable goal setting
- * Customized meal planning to assist in achieving successful weight loss

Ask your doctor if a referral for medical nutrition therapy provided by a registered dietitian is right for you.

Why Choose our Program?

It is our mission to provide exceptional, individualized care to our patients, and to provide each and every patient with all the necessary resources for successful weight loss and long-term weight maintenance. Our team of compassionate health care professionals is committed to ensuring quality care and fostering a positive and supportive environment during your weight loss journey. We focus on improving your health and quality of life, and provide lifetime support after program completion.