

MEDICALLY-SUPERVISED MEAL REPLACEMENT PROGRAM CONVENIENTLY FROM HOME

Attended Orientation? Let's Get Started!



Complete your labs, EKG, and nurse clinic visit
You'll receive a message in kp.org with detailed instructions. Complete these visits within 2 weeks.

Attend your virtual Medical Clearance Visit
You'll meet with our medical team to discuss your detailed medical history, program goals and program preferences.

Place your sample pack order
Order and try Numetra products before you start. Order at positivechoice.org/remote and download the instructions for use.

Attend your Enrollment Visit
You'll schedule your classes, order your meal replacements and program supplies, and set up your app. \$400 due at your enrollment visit.

Download the MyHealthyJourney App
Although you won't receive your clinic code until you enroll, download the app before your enrollment visit. Download in your app store.

Keep a food diary
To prepare to start meal replacements, keep at least 1-week of daily food records. Use your app for easy tracking.

Complete a Personal History Questionnaire
You can find this form at positivechoice.org/remote. Please complete this prior to your Medical Clearance Appointment.

Attend your Getting Started session
In this introductory session, you'll learn how to use meal replacements, your scale, and set yourself up for success. You'll also place your first 2-week meal replacement order. Then, you'll begin your weekly program the following week. \$225 weekly fees begin.

Schedule your first appointments
Once we receive your lab and EKG and nurse clinic results, we'll call you to schedule your virtual medical clearance and enrollment visits. \$140 due at booking.

