

The MEDication Freedom Method

This program is designed to help adults lose weight, manage their blood sugar, and improve their heart health through lifestyle changes. By following this program and sticking with these changes consistently and long-term, many of my patients have been able to prevent and reduce their need for medication for these conditions with the coordination from their doctor.

Here are just some of the results seen by past participants just halfway through the program (names are hidden for privacy):

✨ J was able to fit into old clothes, feel more confident with their blood sugar results, and was already off of one blood sugar medication.

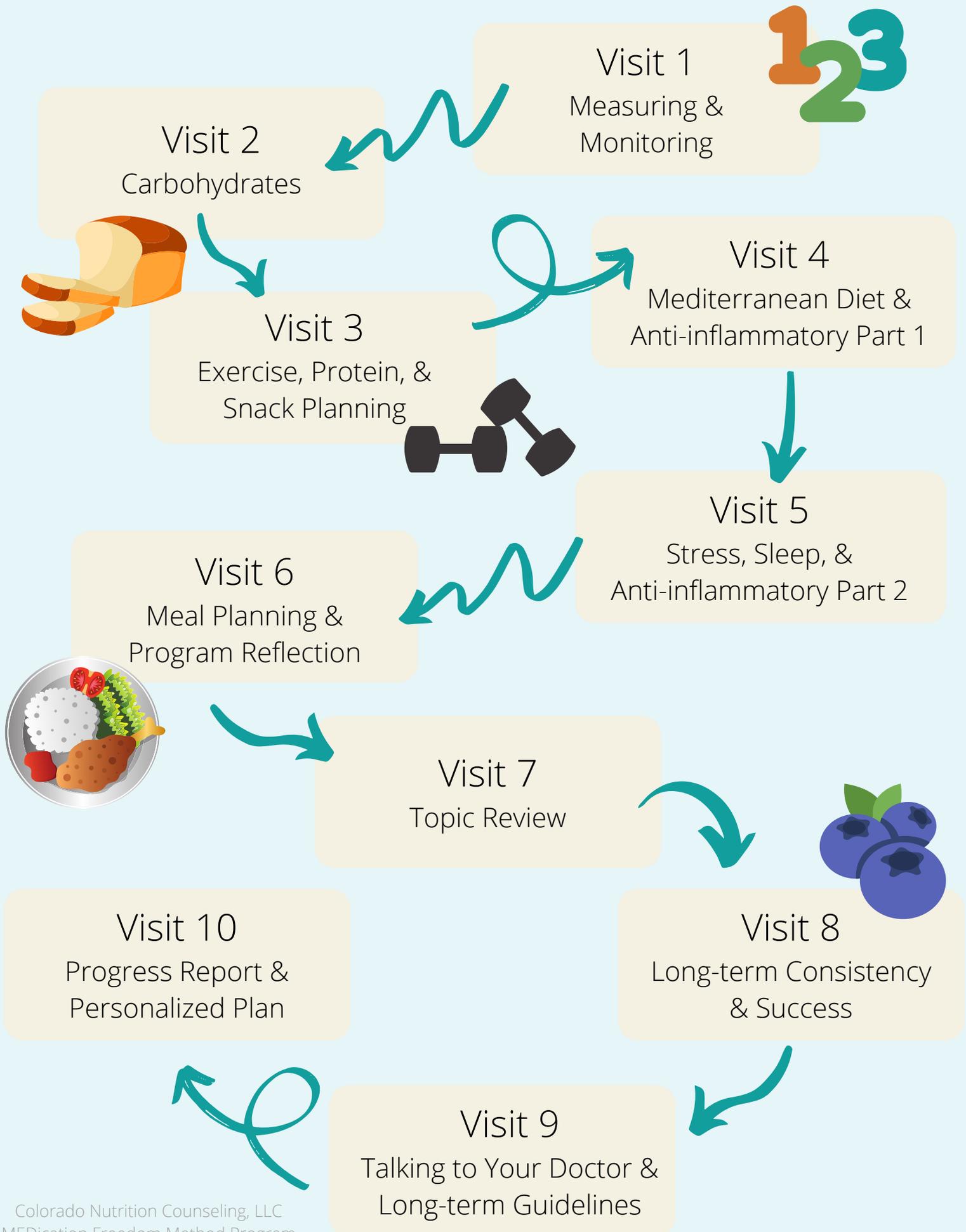
✨ K reduced their dose of blood pressure medication that they were on for years.

✨ B started moving more and cooking at home more often while losing 4 lbs in the process.

What does this program include?

- Visits scheduled every 2-3 weeks for a total of 10 visits over 5-6 months to help you stay on track with your goals.
- Specific goals set at each visit to help take small actionable steps towards reducing your need for medication
- All visits scheduled up to 75 minutes each
- Nutrition summaries sent via email the following day after each appointment so you don't have to take detailed notes during the visit
- Email and/or phone support between appointments during business hours
- Educational materials throughout the program personalized to you and your needs
- Complimentary gift midway through the program to help you with your meal planning & health goals

Roadmap to MEDication Freedom



Pricing

Out of pocket: \$1800 paid in full or 5 monthly payments of \$360
Insurance coverage may be available. I am in-network with Cigna, Aetna,
and UHC. Please reach out for more details.

Monthly payments for the program out-of-pocket will be charged \$360 on the 15th of each month. Payments for the weekly text check-in option will be charged \$200 each month on the 15th.

FAQ

Why is the program 5 months long?

Improving your health takes time. It's not something that can happen overnight as there is a lot to learn and understand. By spreading out our visits every 2-3 weeks, this allows you to implement what you've learned at each visit so you can build those healthy habits and see long-term results.

Is this a group program?

Nope! You'll be meeting with me, Carrie Weitzel, 1:1 which means this program will be personalized to you and your health needs.

Will I be given a structured meal plan? Supplements to take?

Kind of and no. At the second visit, I will help you determine the specific amount of carbohydrates you need at each meal and snack to help you lose weight and manage your blood sugar. I will not give you a meal plan telling you to eat this specific food on such day. I'm always happy to help you brainstorm ideas though and have many resources to help you with meal planning!

My philosophy on supplements is that I will only recommend them if you ABSOLUTELY need them. I know your goal is to take less pills so it wouldn't be helpful if I gave you a bunch a supplements instead, right? In fact, the only reason I recommend supplements to my patients is often due to side effects from certain medications or when labs have shown a deficiency.