

FACT SHEET

HMR PROGRAM FOR WEIGHT MANAGEMENT™

A medically-based, non-surgical weight-loss treatment that combines a highly structured diet with effective behavioral modification techniques for lifestyle change. Participants are able to lose a significant amount of weight while learning the healthy lifestyle skills needed for long-term weight and health management. HMR® offers several diet options appropriate for anyone wanting to lose 10–200 or more pounds.

All diet options use meal replacements (weight-loss shakes, entrees, soup, multigrain hot cereal, and nutrition bars) to reduce food choice decisions and maximize weight loss.

Clinic PROGRAMS

Decision-Free® Diet

Low-, or very low-calorie diet (500–800 kcals/day) promotes rapid and significant weight loss under medical supervision. Prescribed diet includes HMR Shakes and Entrees exclusively. Patients work to expend at least 2,000 calories of physical activity per week. Ideal for those who need to lose 30 pounds or more, or for those whose health requires medical monitoring. Average weight loss is 43–61 pounds.^{1,2,3,4}

Healthy Solutions® Diet

Moderately restricted calorie diet (1,200–1,400 kcals/day) offered with or without medical supervision. Prescribed diet includes HMR Shakes and Entrees and a minimum of 5 servings of fruits and vegetables each day. Patients work to expend at least 2,000 calories of physical activity per week. Average weight loss is 28–41 pounds.^{1,2,3,5,7}

Both Clinic Programs Offer:

Weekly Classes with Individual Coaching: Participants learn specific how-tos of weight loss, including easy ways to lower fat and calories, as well as simple strategies to add physical activity and more fruits and vegetables into their daily routine. Participants keep simple records and use their own data to create weekly goals, which they share with their health educator. Through this close “coaching relationship,” participants learn to manage their weight within a structure of personal accountability and follow-up.

Maintenance: After the weight-loss phase, participants attend weekly groups where they continue to receive support while practicing simple strategies for successful long-term weight management.

HMR Risk-Factor Profile: HMR offers a Health Risk Appraisal that may be given to participants before and after weight loss. The profile illustrates improvements in medical risk factors as a result of weight loss and lifestyle changes, helping to reinforce newly acquired health habits.

Home PROGRAM

HMR at Home®

An at-home version of the Healthy Solutions Diet is available that includes home delivery of HMR diet foods and all program support materials. (Participants provide their own fruits and vegetables.) Available with or without additional phone support. Average weight loss for Healthy Solutions with phone support is 23–28 lbs.^{6,7}

DATA

HMR’s research-based program achieves unparalleled results. HMR is currently sponsoring, or has recently published over 55 research studies. HMR-supported research, as well as program outcomes, have appeared in several leading medical journals, including *International Journal of Obesity*, *Obesity Research*, *Journal of the American College of Nutrition*, *American Journal of Clinical Nutrition*, and the *Journal of the American Dietetic Association*. HMR regularly presents outcome data at professional conferences.

COMPANY

The program is developed by Health Management Resources® (HMR), a leading provider of medically supervised weight-management programs. For over 30 years, HMR Programs have helped more than one million dieters in hospitals, medical centers, and universities across the country.



HMR national data from selected programs published or presented at medical conferences. ¹J Am Diet Assoc 2009;109:1417-1421, ²Obes 2006;14 suppl:A101, ³Obes Res 2004;12 suppl:A40, ⁴J Am Coll Nutr 2005;24:347-353, ⁵Postgrad Med 2011;123:205-213, ⁶Obes 2013;21:1951-1959, ⁷Int J Obes 2007;31:1270-1276