

HOW DOES YOUR WEIGHT IMPACT YOUR HEALTH?



LOOK
AND
FEEL
YOUR
VERY
BEST!

Dear Patient,

Your Provider has partnered with **Blueprint Health** to provide you with a comprehensive weight-management and meal replacement program.

This customized program includes:

- On-going Support
- High-Quality Meal Replacement Products
- Weekly Calls with Assigned Care Coach
- Multiple Prescription Plan Options
- Flexible Pricing Options



Activating the body to release abnormal fat makes the patient look and feel healthy and keeps their energy levels up during the diet.



Expect a call within 48 hours from **Blueprint Health** for your **FREE** consultation.

Know Your Levels

Q: How many calories will I be consuming?

A: Most plans range from 800-1200 calories, which consists of up to 5 products and 2 bars daily.

Q: How much weight can I expect to lose?

A: It depends on several factors including your weight, age, gender and activity level. A loss of 4-7 pounds is common in the first week or so.

Q: Will I be hungry?

A: Most clients report that hunger diminishes within a day or two of starting the program. Our high-protein, low-carb nutritional profile plays a big role in appetite suppression.

Q: How will I know if I'm in ketosis?

A: Common signs of ketosis include fruity breath, metallic taste in the mouth, reduced appetite and increased energy.

Q: How will this diet help me lose body fat?

A: Ordinarily, your body uses glucose from carbs for energy. When calories and carbs are restricted, your body burns its own stored fat for energy. The fat is released in the bloodstream and travels to the liver where it is converted to ketones. The ketones are then released back into the bloodstream, where muscles and tissues use them for energy. This process is called Ketosis (kee-TOSE-sis).

I'M INTERESTED IN KNOWING MY LEVELS.

PLEASE HAVE A BLUEPRINT HEALTH NURSE CONTACT ME!

Your Name: _____

Your Phone: _____

Your Email: _____

Fax **(844) 632-4325** or Call **(844) 632-4325**
email info@blueprint2health.com



**BLUEPRINT
HEALTH**

Blueprint2health.com