

## Additional FAQs

### Can you tell me more about the “SLIM” phentermine prescription?

Phentermine is FDA-approved for a BMI of  $\geq 30$  or  $\geq 27$  if you have comorbid conditions like diabetes. If you desire it and are a candidate, it is provided **Short-term** ( $\leq 1$  year), in a **Low** dose (18.75 mg/day), **Intermittently** (20 doses per month), in the **Middle** of the day, and prescribed as long as efforts at lifestyle changes are made and continued. This “SLIM TLC” approach utilizes phentermine in several beneficial ways, while reducing the likelihood of side effects.

### Why short-term?

Phentermine is only FDA-approved for short-term use. Its benefits tend to wear off after several weeks, it is potentially addictive, and it is a stimulant medicine with possible side effects of dry mouth, elevated blood pressure, insomnia, rapid heart rate, tremor, dizziness, irritability, headache, and stomach upset. It is contraindicated in agitated states, high blood pressure, hyperthyroidism, glaucoma, significant heart disease, and a history of drug abuse. This is why many physicians are very hesitant (or refuse) to prescribe it. However, even though it is only used short-term, if you combine it with the long-term lifestyle changes facilitated by the SLIM TLC program, the benefits can last a lifetime.

### Why low-dose?

1) It decreases the chances of side effects (including insomnia) and dependence; 2) you feel less of a difference when *not* taking the medicine; and 3) you must not rely solely on medicine to help you make wise decisions. We do not want to suppress your appetite too much – it is imperative to learn to pay attention to your internal hunger signals and eat when you are truly hungry. The low-dose phentermine helps you make smarter choices by making it easier to eat less of the less-healthy foods to which most Americans are addicted (unhealthy meats, dairy products, fats, sweets, and other processed goods), and the goal is for these choices to become a habit.

### Why intermittent?

As mentioned above, phentermine loses its efficacy after a few weeks, can be habit-forming, and has potential side effects. Intermittent use largely overcomes these issues. It also helps patients learn how to make the necessary lifestyle changes on days the prescription is not used, thus building self-sufficiency and self-confidence.

### Why mid-day?

Most patients struggle with their hunger during the *last* half of the day, far more than the *first* half. The most damage to their waistslines usually begins in the early afternoon. Taking phentermine around the middle of the day assists many patients in making better eating choices, and may give them a little extra energy, when they need the most help. It is taken on an empty stomach, recommended 15-30 minutes before lunch, but some may find it more helpful to take it two hours afterwards (we recommend setting an alarm either way). Taking phentermine in the morning, on the other hand, encourages poor eating habits. It causes many to skip or eat an inadequate breakfast and eat too little during the first half of the day. This may leave them hungrier at night and lead to worse night-time bingeing.

### Why therapeutic lifestyle changes (TLC)?

Without making *permanent* lifestyle changes, any weight loss effort, including the use of phentermine, results in only temporary weight loss. After your first prescription of phentermine, refills will only be provided if important lifestyle changes are made. Long-term, sustainable lifestyle changes, which include following **The 4:1 Rule** and **exercising** a little (preferably) every day, are the keys to long-term health and weight loss success.

### How do I make the lifestyle changes on the days I don't take phentermine?

To have long-term success, you must not rely solely on the boost that phentermine provides to make the necessary lifestyle changes. We provide you with the education and teach you the necessary skills (including breaking addictions) to make these changes permanent, without requiring daily phentermine. Most experts agree that it takes a few weeks to develop a habit, and the goal is to develop healthy and sustainable patterns of diet and exercise, which should then become a permanent part of your life.

### How do I continue to have success after I stop taking phentermine?

Simply follow the SLIM TLC principles you have learned.



## Lifestyle and Weight Management Program

***That magical intersection  
between what works and  
what's livable long-term!***

**If you are willing to make a  
valiant effort, we'll help!**

***SLIM TLC is a comprehensive program provided through TLC Family Health. It has two meanings, the most important of which is becoming **SLIM** through **Therapeutic Lifestyle Changes**. It also stands for the optional use of a **Short-term, Low-dose, Intermittent, Mid-day** appetite suppressant for those who desire and qualify. We also provide you with the education, professional guidance, support, and accountability most people need to achieve long-term health and weight loss success.***

## SLIM TLC is based on sound principles of nutrition, fitness, and long-term weight loss:

- The 4:1 Rule of healthy eating and snacking
- Only 15-20 minutes of daily physical activity/exercise
- Simple, but effective, goal-setting and record-keeping
- Education with the latest, evidence-based principles of nutrition and fitness
- Individual, personalized guidance
- Habit modification (knowledge + skills + motivation)
- Eating real food (no special foods or supplements)



## Pricing

3 Months	6 Months	12 Months	24 Months
\$299	\$549	\$999	\$1699

The only other cost associated with SLIM TLC is the optional phentermine prescription. That cost should be quite low since it is generic, and you receive only ten 37.5 mg tablets/month (which are broken in half).

## Includes:

- Initial extended (25-35-minute) visit, followed by once-monthly 15-20-minute 1-on-1 visits (extra visits: \$25)
- Twice monthly 45-minute group visits for support and troubleshooting (extra visits: \$25)\*
- (Optional) **SLIM** (Short-term, Low-dose, Intermittent, Mid-day) phentermine prescription. This can only be provided monthly (maximum 1 year), during one-on one visits, and only if at least one group visit has been attended within the previous month and if continued efforts are being made at lifestyle changes (tracked with special tools)
- Program materials
- Lifetime subscription to SLIM TLC Online

## Money-Back (!) Incentive

If you stay enrolled in SLIM TLC and lose (and maintain) 50 pounds or 50% of your excess weight (whichever is smaller) after one year, receive 12.5% of your enrollment fees back. If maintained after two years, receive another 12.5% back!

## Getting Started

Simply let us know you are interested (in person or call 972-914-9421), and we will provide you with a SLIM TLC Initial Patient Packet. This contains a *Food and Exercise Log that must be kept for a full week prior to your initial SLIM TLC visit*. Follow-up visits are then recommended monthly, along with two IGSs (interactive group support seminars)/month. See FAQs on back.

*\*If you have been a SLIM TLC member for a total of 24 months, you may attend monthly group visits thereafter for life!*

## Succeed...but this time *for life!*