



Profile Overview

Profile by Sanford is a comprehensive weight management program designed by Sanford physicians and scientists, as a *Simple, Effective & Sustainable* solution. The program makes use of a Profile coach and offers integrated complementary technology to directly connect the coach and the member through their journey. Clinical & Scientific protocols have been designed to assist the coach to implement an individualized plan for each member. Their plan is designed with a focus on Nutrition, Activity & Lifestyle adaptations required for short and long-term success.

Balanced

As the name implies, this protocol takes a balanced approach to implementing a 1,200-1,600 calorie plan based on the member's goals and needs. We design a meal plan consisting of Profile meal replacement products and grocery options that are low in fat and calories helping the member remove their unneeded pounds.

Reboot

This protocol is our most popular and was designed to help so many in need of "rebooting" and losing weight in a more progressive manner. This is a 1,000 calorie ketogenic (fat burning) plan where the member will generally consume five Profile meal replacement products, combined with a lean and green evening meal.

NuStart

NuStart is a medical supervised protocol for weight loss in members with a higher BMI and complex medical conditions. We work with the member's physician to do an initial assessment to ensure all medical conditions and current medications are properly managed. The physician, based on their assessment, will order any lab work required. Then a Profile coach will work with the member to implement our most progressive meal replacement protocol, consisting of an 800 calorie, four meal replacement plan. The member will visit with their profile coach weekly. As indicated by the physician, the member will follow-up at their physician's office for additional medical management.

Profile by Sanford is a *Simple, Effective & Sustainable* approach to weight loss. For more information:

1. <http://www.profileplan.net> (click register and complete form)
2. 402-858-9356 or 877.373.6069
3. profile@sanfordhealth.org
4. Walk-ins welcome (7121 Pioneers Blvd, Suite 130, Lincoln, NE, 68506)