



OPTIONS
MEDICAL WEIGHT LOSS

Transform Your Body. *Transform Your Life.*



Real care. Real results. *Real change.*

PHYSICIAN-LED CARE | PERSONALIZED SUPPORT

NUTRITION & SUPPLEMENTS

Transform Your Health. Reclaim Your Life.

We believe obesity is a treatable medical condition—not a personal failing. Since 2014, our **board-certified obesity medicine providers** have helped more than **100,000+ patients** lose over **1 million pounds**. Our mission is simple: to help you *feel in control of your health again.*

THE OPTIONS METHOD: MEDICATION + COACHING + NUTRITION

Personalized Medical Support

Personalized medical care that ensures safety, monitors results, and tailors treatment to your unique body and goals.

GUIDED CARE FOR LASTING RESULTS

Coaching That Keeps You Consistent

One-on-one support that builds healthy habits, offers encouragement, and helps you stay on track for lasting success.

Our Unique Nutrition System

A simple, structured approach with high-protein meals and supplements that fuel results, curb cravings, and protect muscle.

*Our most successful patients follow the Nutrition System—
with a **92% success rate.***

Results That Reflect a Healthier You

17%
BODY
WEIGHT LOST*

30
POUNDS OF
FAT LOST*

29PTS
CHOLESTEROL
REDUCTION

.45PTS
A1C REDUCTION

*Average reductions based on actual Options patients. *Reduction in 6 months.*

MEDICATION TO SUPPORT YOUR JOURNEY

Medication can jump-start your journey. Our care helps you reach your goals—and maintain your results.

OPTIONS PLANS

GLP-1 & TRZ

SUPPORT

Semaglutide, Tirzepatide

**Testosterone Replacement
Therapy (TRT)**

Hormone-based metabolic support

Weight Loss Programs

Lipotropics, appetite suppressants,
coaching-only options

Medical Nutrition

High-protein products,
supplements, metabolism support

Coming Soon

Wellness therapies for metabolism,
longevity & performance



LIFESTYLE MATTERS

Medication works best when paired with healthy habits.



COMPREHENSIVE CARE

Combine medication with coaching and nutrition support.



SUPPLEMENT SUPPORT

Boosts results and overall wellness.

WHY PATIENTS CHOOSE OPTIONS

- **Medical Expertise**
Supervised by board-certified obesity medicine providers.
- **Holistic Approach**
Medication, nutrition, mindset, and movement for whole-body health.
- **Ongoing Support**
Personalized coaching keeps progress on track.
- **Inclusive Care**
Whether you've tried before or had bariatric surgery, we're here to help.

*Patients
lose up
to 20% of
their body
weight—
safely and
sustainably.*

This is your moment.

Begin your personalized program today and take control of your health for life.



**Schedule a free
consultation today.**