

## Frequently Asked Questions

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### **What is Maryland Healthy Weighs?**

Maryland Health Weighs (MHW) is an HMR® Program offering medical weight-loss services on the Eastern Shore of Maryland. HMR, Health Management Resources, is the nation's leading provider of weight treatment services to the medical community.

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### **What are HMR weight-loss foods?**

HMR weight-loss foods are healthy and delicious "fast" food. Our line of foods includes packaged entrees, shakes, puddings, soup, multigrain cereal and nutrition bars. All HMR weight-loss foods are low-calorie, high-nutrition, and portioned-controlled to support your weight-loss goals. They are used in place of higher-calorie foods, making it easier for you to lower caloric intake while maintaining good nutrition.

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### **Why use meal replacements?**

The research is very clear: diets that include packaged, portion-controlled meal replacements—the foundation of HMR diets—are far more effective. In fact, a summary of over 60 studies and references shows that people lose and keep off approximately three times more weight on diets that use meal replacements when compared to other diets.

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### **What is the cost of the Maryland Healthy Weighs program?**

The cost of our program depends on a few things: How much weight you have to lose, which diet option you choose, and any medical supervision you may need. In addition to program fees, you will be purchasing HMR Shakes and pre-packaged meals as your food on the diet. If you are interested, we offer free orientations with our Health Educator. At the orientation, the Health Educator will give you an overview of the different programs that Maryland Healthy Weighs has to offer. In addition, the health educator will be able to then discuss your weight loss goals and your medical history to better provide you with program options and pricing. If you would like to schedule your free orientation please give us a call at 443.205.4421

We also offer the HMR at Home® program for those who are unable to attend classes at our Maryland Healthy Weighs location. [For complete information please visit our HMR at Home® page](#)

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### **Does insurance cover the HMR® program?**

Some insurance companies may provide coverage for the medical portion of the MHW clinic program. You will need to discuss this with your insurance company. The MHW staff can provide you with weekly claim forms for you to submit to your insurance company.

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### **What is the calorie level?**

Weight loss frequently asked questions - Maryland Healthy Weights and HMR

Medically supervised HMR Decision-Free Diets range from approximately 500–800 calories per day or more. The HMR Healthy Solutions Diet is approximately 1,200–1,600 calories per day or more.

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#### **How much weight can I expect to lose?**

Generally, people on our Decision-Free Diet lose 2–4 pounds per week, or more. People on our Healthy Solutions diet lose about 2–3 pounds per week. Again, many people lose more. In either case, HMR has the best-published weight-loss results of any ongoing treatment program (based on HMR data published or presented at medical conferences): Clinic program participants using our Decision-Free Diet with medical supervision lose an average of 55–60 pounds. Some people lose over 100 pounds in this program. Clinic program participants using our Healthy Solutions diet lose an average of 35–40 pounds. Again, some dieters lose significantly more.

*\*Average weight loss is 50–60 pounds for the Decision-Free™ Diet Program and 35–40 pounds for the Healthy Solutions® Program. (HMR data from selected programs published or presented at medical conferences.)*

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#### **Do I need Medical Supervision?**

All HMR Program participants receive a professional screening upon joining. Depending on the diet you choose, your body mass index, and your medical history, the medical staff will determine whether you require medical.

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