



Phase 1 - Important Information Healthy Solutions®

Important Information for People with Diabetes

Before beginning the Healthy Solutions diet, it is important that you consult with your healthcare provider (HCP), and they agree to provide close medical management if you have one or more of the following conditions during your participation in the program.

If your diabetes medication includes insulin, pills, or a combination of both, be aware that your daily food intake may have an impact on your blood sugars.

Many people with diabetes have their medications reduced, or discontinued altogether, as a result of being on a structured diet that enables weight loss. During Phase 1 (weight-loss) of the diet, your medication may need to be adjusted or discontinued, based on your blood sugar testing.

You should discuss with your HCP:

- the frequency of self-monitored blood glucose (SMBG) testing while you are in weight loss
- blood sugar guidelines for contacting your HCP
- diabetes medication adjustments
- frequency of follow-up with your HCP to review your SMBG and medications

Ongoing weight management and weight loss may continue to have an impact on your diabetes and diabetes medication.

Important Information for People Who Use Insulin

If you are taking insulin for treatment of diabetes, you will need close medical supervision by your HCP in advance of, and during, your participation in the Healthy Solutions Program because changes in your level of physical activity, changes in your diet, and/or weight loss often result in the need for your provider to make appropriate changes in your insulin dose. These healthy lifestyle changes may also increase your risk for low blood sugar (hypoglycemia). Hypoglycemia, if not treated, can cause seizures and may be life threatening. Some signs and symptoms of low blood sugar may include: dizziness or lightheadedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability, mood changes, or hunger. Low blood sugar can impair concentration and reaction time. This may place an individual and others at risk in situations where these abilities are important (e.g., driving, or operating other machinery). Your HCP can advise you of what to do in the event that you experience low blood sugar.

The potential need for decreases in insulin doses is most common during the initial weeks of the Program, so it is particularly important for you to involve your HCP at the beginning of the program. In some individuals, insulin may need to be discontinued. As with any medication, any dose changes or discontinuation of medication is a decision that should be made by, and discussed with your HCP.

Important Information for People Who Are Taking Diuretics (Water Pills) and Other Antihypertensive (High Blood Pressure) Drugs

Your HCP may have prescribed medication to help you control your hypertension (high blood pressure). Sometimes these medications are also prescribed for other reasons, such as for control of migraine headaches or for symptoms of benign prostatic hypertrophy (enlarged prostate).

During Phase 1 (weight-loss), you may need to have these medications adjusted or discontinued to prevent possible side effects such as dizziness, weakness, or fainting.

If you have had a history of high blood pressure, or are taking any blood pressure medications or diuretics, it is very important that you have continued contact with your HCP to continue to evaluate your blood pressure and medications.

Your HCP will inform you of how frequently your blood pressure should be checked, and he/she will be responsible for making medication changes. Contact your HCP if you experience any symptoms of low blood pressure, such as excessive fatigue or dizziness, especially upon changing positions quickly.

Important Information for People Who Are Taking the Anticoagulant (Blood-thinner) Coumadin® (warfarin)

The HMR Shakes, Creamy Chicken Soup, and Multigrain Cereal contain vitamin K, which counteracts the effect of Coumadin on thinning your blood. The vitamin K content of HMR products is labeled on each package/container. You should take the same number of vitamin K fortified products daily to maintain an even level of vitamin K in your blood. This will assist your HCP in managing your medication.

During Phase 1 (weight loss) you will need regular blood tests to evaluate the effectiveness of your medication, and your HCP will make the necessary medication adjustments. Contact your HCP to schedule your lab work when you start the diet.

Important Information for People Who Are Taking Anti-Seizure and Antipsychotic Medications or Other Medications that Reduce Serum Sodium Levels

The Healthy Solutions diet is a lower sodium eating plan than the traditional American diet. Additional monitoring by your HCP is important during participation in the weight-loss process to minimize the risk of hyponatremia (low serum sodium). The sodium content of the basic Healthy Solutions diet is listed on the *Healthy Solutions® Diet Information for Healthcare Providers* that we recommend you share with your doctor.

Important Information for People Who Have Had a Heart Attack or Stroke in the Last 12 Weeks

It is important for you to consult with your HCP regarding medication adjustments and any physical activity limitations and to follow his or her recommendations. You should contact your HCP if you experience dizziness, fatigue, or low blood pressure especially upon changing positions quickly.

Important Information for People Who Are Taking Medication for Weight Loss Such as a GLP-1RA [e.g, Wegovy (semaglutide)/Saxenda (liraglutide)]

Individuals who are taking ANY weight loss medication such as GLP-1RA should have close medical supervision with their HCP to provide both careful assessment prior to treatment and appropriate support during treatment. It is possible that individuals taking GLP-1RA medication can experience commonly reported side-effects such as nausea, vomiting, constipation, diarrhea, dehydration and/or volume issues that restrict the individual's ability to meet the minimum diet prescription requirements. It is therefore, very important that you agree to contact your HCP if you experience any of the above side effects and report them to the HMR medical staff.