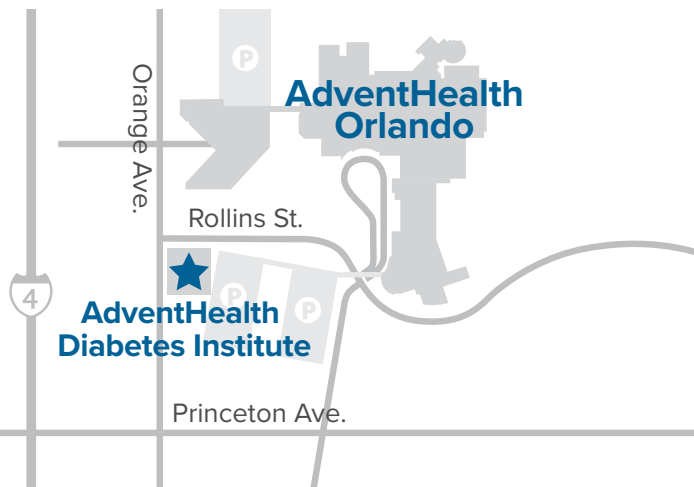




The AdventHealth Diabetes Institute is located at AdventHealth Orlando.



Advent Health

2415 North Orange Avenue, Suite 501
Orlando, FL 32804
407-303-3665
AdventHealthDiabetesInstitute.com

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

New Day, New Weigh

Personalized Weight-Loss Program



Healthy weight brings life into balance.

The AdventHealth Diabetes Institute has developed a six-month weight-loss program designed to help people who have tried various diet and exercise programs but either haven't lost weight or have gained it back. Using a unique, personalized, multidisciplinary approach, this program aims to identify and treat the underlying problem.

A visit with an endocrinologist or nurse practitioner is covered by many insurances with a small co-pay.

Hormonal Evaluation

- Testing for insulin, blood glucose levels, electrolytes, kidney function, thyroid function, Hashimoto's Disease, Vitamin D and B12, stress hormone, testosterone levels, and liver function

Fuel Up With Optimal Nutrition

One-on-one visits with our registered dietitian includes:

- Review Nutrition Assessment Form, medical history, labs, food diary, likes/dislikes, any factors that may influence your nutrition such as sleep, stress, time, finances, family responsibilities, etc.
- Personalize a method of meal planning that suits your lifestyle to best maximize your weight loss
- Set and discuss short-term and long-term goals followed by practical and tailored strategies

Build Healthy Behavioral Habits

One-on-one visits with our CREATION Health therapist includes:

- Review of current lifestyle patterns relating to whole-person health with a CREATION lifestyle assessment
- Discuss potential weight-loss barriers and explore personalized ways to be successful
- Recommendations for tailored plan of care as it pertains to whole-person health

Energize through Exercise

One-on-one visits with our exercise specialist includes:

- Fitness assessment and individualized exercise plan to fit your lifestyle
- Recommendations for personal ways to incorporate exercise to be successful with weight loss

Support for Your Success

- Monthly body composition measurement
- Monthly lifestyle education sessions led by a member of your care team

Time to Take Charge!

We all must do our part when it comes to caring for our minds, bodies and spirits. Sustainable weight management and preventative actions are significant in lowering the risk of diabetes, obesity and other chronic diseases. A 5% reduction in weight lowers the risk of developing diabetes by 58%. Small lifestyle choices will make great wellness impacts.

Lifestyle Education Classes

Join us for monthly interactive classes led by our team of experts. Our class topics are based on the CREATION Health principles with a focus on weight management and glucose control.

- Fitting in Exercise
- Shopping Savvy (Simple Label Reading)
- Emotional Eating
- Master Meal Planning
- Health Jeopardy
- Exercise SMART
- Dining Out Guide
- Carb Smart
- Portion Distortion
- Don't Worry, Be Happy
- Healthy Holidays
- Celebrating Your Accomplishments

