

Allina Health | Managing Your Weight for Life with OPTIFAST!

[MUSIC PLAYING] At OPTIFAST and Allina Health Weight Management, we treat obesity as a disease. We know that it's complex. And so throughout your life, you're going to need different support along the way.

There really is no end. There's really no cure for obesity. What we want to do is help you learn to manage your weight for the rest of your life.

In the OPTIFAST program, you will have two years before we need to reassess. But with Allina Health Weight Management, you'll be able to come back. And we want to encourage you to do that when you need it the most. That's where we're here to help you, because maintenance of the weight loss and of the behaviors is the hardest part.

We want you to know that we're here for you, that we're a safe and caring place that you can rely on that really understands what you're going through and treats you as an individual.