

National Weight Loss Plans

For decades, Weight Watchers, NutriSystems, and Jenny Craig have provided a good way for you to lose weight. It's steady and slow. They include peer-support while you lose weight.

Today, MetTrimMD provides a better way for you to lose weight. It's rapid and safe. We include a Free Consultation with a physician and medical team before you start and support during and after you lose weight.

Compare. The Difference.

Top 3 Reasons People Pick a Plan

Safety • Speed • Support

MetTrimMD®

–On Safety–
With a MetTrimMD physician
you'll lose weight safely.

–On Speed–
With a MetTrimMD physician
you can lose up to 50 pounds in 90 days.

–On Support–
Consistent, hands-on supervision
by weight loss physicians and medical team.

NutriSystems® Jenny Craig® Weight Watchers®

–On Safety–
For safety sake you're advised
to consult a physician before you start.

–On Speed–
Without no weight loss physician
you can lose up to 24 pounds in 90 days.

–On Support–
Inconsistent peer support
by counselors and call center operators.

Health Is Here

The Medical Advantage
MetTrimMD®

- ✓ Personalized plan designed by a weight loss physician.
- ✓ Check BP, cholesterol, sugar levels and review medications.
- ✓ Improve sleep, joint pain, digestion and review medications.
- ✓ Adjust medications that may be causing you to gain weight.
- ✓ Identify medical conditions that can cause you to gain weight.
- ✓ Adjust your program at the precise time you hit a plateau.
- ✓ A proven plan with expert support to keep the weight off.
- ✓ Your health first; our doctors, talk to your doctor if or when necessary.

Price Comparison

MetTrimMD®

Price per Day: \$24

–Includes–

All Doctor & Medical Staff Visits
In-person Support & Education
All High Protein Food & Snacks
All Nutritional Supplements

NutriSystems®

Price per Day: \$27

–Includes–

Online or Phone Counselors
Online Tracking Tools & App
Grocery Store Food
NutriSystems Food

Jenny Craig®

Price per Day: \$36

–Includes–

Consults by former Clients
In store or Phone Consults
Grocery Store Food
Jenny Craig Food

Weight Watchers®

Price per Day: \$20

–Includes–

Peer Support Group Meetings
On phone Coaching & Chat
Grocery Store Food
Weight Watcher Food

At NutriSystems, Jenny Craig, Weight Watchers you must purchase additional grocery store food. Additional food costs plus amount individuals spend in America, published by the USDA. Price per day includes; each company's food plus grocery store food. Prices do not include; coffee, tea, bottled water of each company, or premium store food items. Or, wine or spirits, if permitted. © 2016 MetTrimMD, LLC. All rights reserved. Registered Trademark are owned by each company.



***Disclaimer:**

Prices for each program are based on each program's start-up fees, food costs, and supplements costs averaged over a 12-week period. Prices for each program are calculated using the published price list from each company, the number of days for each company's plan, and the price of additional grocery store food that you need to buy to complete the weight loss menu. The longer it takes to lose your weight, the more the program will cost. The price per pound is calculated by taking the cost per day and dividing the amount of time (advertised by each company) it will take you to lose the weight. Note: To complete the Jenny Craig and NutriSystems plan you are required to purchase additional food from the grocery store. Both programs are based on a 28-day plan. Weight Watchers is a 30-day plan and is based on staying within your allotted daily points attributed to each food item you eat (buy) either from grocery store and/or Weight Watchers food. MetTrimMD is a 30-day plan and there is no requirement to purchase grocery store food. All the food and supplements that you need to lose your weight are included. You do not need to purchase any additional food or supplements. The MetTrimMD first visit and examination with the physician costs around \$150. The price published in this comparison report (\$24/day) includes the \$150 averaged over 12 weeks. The price of NutriSystems does not include potential cancellation fees you will pay if you cancel your auto-ship plan. NutriSystems requires a 1-month commitment. Cancellation charges vary from company to company. You can cancel MetTrimMD at any time. There is no cancellation fee and you never need more than 1-week's supply of food. NutriSystems, Jenny Craig, and Weight Watchers are registered trademarks of each respective company. MetTrimMD is the registered trademark of MetTrimMD, LLC 2016.