

Bernstein At-Home Weight Loss Program Instructions

Welcome to the Bernstein At-Home Weight Loss Program. Our At-Home Program is designed to assist you with losing weight, achieving your goal and becoming healthier, with the support of the nurses and doctors, from the comfort and safety of your own home.

If you have any questions or concerns, please contact us at 1-888-DR-B-DIET (1-888-372-3438) and ask to speak with one of our nurses, OR send an email to DrBAtHome@DrBDiet.com.

Nurse Assessment Calls:

- You will have a scheduled Assessment Call with the Nurse every week to review your progress, Diet Sheet information, health, and to answer any questions you may have.
 - The Assessment Call will take about 20 minutes.
 - Diabetic patients will have 2 calls per week.
- Prior to the Assessment Call, you must send us your completed Diet Sheet so that we can be prepared to review it together.
 - If you are using the Bernstein Diet App, we will be able to access your Diet Sheet information through your online Portal account.
 - If you are using the paper Diet Sheet, you can either fax or email a scan or photo of it to us.
Fax: 416-447-0792
Email: DrBAtHome@DrBDiet.com
- You will receive notifications from us reminding you of your appointment.
 - 1 day before your appointment you will receive an email called "ASSESSMENT"
 - 1 hour before your appointment you will receive a text called "ASSESSMENT"
 - These calls are a required part of the program

Physician Assessment Calls:

- The nurse will schedule a phone or **Zoom** appointment with our physician every 2-3 weeks.
- You will receive notifications from us reminding you of your appointment.
 - 1 day before your appointment you will receive an email called "PA OR CKUP"
 - 1 hour before your appointment you will receive a text called "PA OR CKUP"
 - These calls are a required part of the program

Please Note: if you are driving at the time of your nurse or physician assessment call, we recommend that you pull over to the side of the road. If you are unable to do the assessment call, please let us know and we can reschedule you. Your safety is our concern.

Diet sheet:

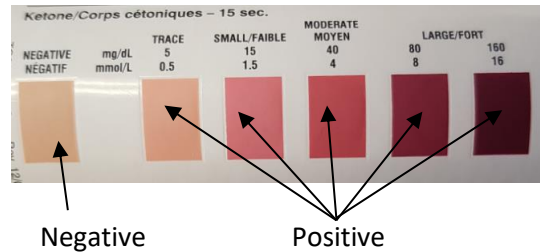
- Your Diet Sheet allows you to record the following information which will be reviewed by the nurse during your Assessment Calls:
 - each specific food and the amount consumed, every day
 - all liquids consumed
 - your weight
 - injection type and location
 - results of your ketone test
 - your measurements, blood pressure
- You can access and print your own diet sheets from your personal [Portal account](#).
- If you are using the Bernstein Diet App, you can record your food and drink intake, weights, ketones, injection type and location, blood pressure and measurements directly in the Bernstein Diet App.
- If using the paper Diet Sheet, you will need to record weights, ketones, injection type and location, blood pressure and measurement directly onto the sheet prior to sending to us.
- Please let us know if you are using the diet sheet through the Bernstein Diet App or the paper copy. We will note this on your file.

Weighing yourself at home:

- Weigh yourself at home on your own scale first thing in the morning on Mondays, Wednesdays and Fridays, or every day if you wish.
- You will enter your weight
 - In the Bernstein Diet App or
 - If using the paper Diet Sheet, document your weight in pounds (lb.) where it says “WT”.

Testing for ketones at home:

- A bottle of 50 Ketone test strips is included with your first kit, and then with every second subsequent kit.
- You only need to test your first morning sample 3 times per week; Monday, Wednesday and Friday.
 - Urinate directly onto the test strip and wait 15 seconds before reading the result.
 - Compare your test strip to the chart on the side of the bottle. The result will read:
 - neg = negative = no change in colour of the strip OR
 - pos = positive = any colour darkening of the strip
- Enter your result in the Bernstein Diet App or document the result on your paper Diet Sheet where it says “mu”.



Measurements at home:

- Waist and hip measurements will be done every 3 weeks.
- The nurse will inform you when they are to be done.
- Waist measurements are taken:
 - under the clothing, right against the skin
 - at approximately the level of the umbilicus (“belly button”)
- Hip measurements are done:
 - with feet together, start at hip level (right above pubic bone on one side).
 - capture the middle of the glutes (buttocks) before wrapping around to the opposite side.
 - be sure that the tape measure is also capturing the side part of the hips.
- Record your measurements in the Bernstein Diet App.
- If you are using the paper Diet Sheet, document the measurements on the side of the page where it says “Waist” and “Hips”.

Injections:

- Vitamin injections are done Mondays, Wednesdays and Fridays.
 - Inject in the abdomen, following the instructions provided below.
- Record that Injection type and location in the Bernstein Diet App or on your paper Diet Sheet (where it shows “Visit”).

Diabetic Patients:

- Ensure that we have your correct list of medications and doses.
- When testing your Blood sugar:
 - you must have a glucometer
 - you must check your blood sugar twice (2x) a day: A fasting blood sugar for AM reading and a PM reading 2 hours after your last meal/dinner
 - record your blood sugar readings on the glucometer sheet provided by us
 - if you have a blood sugar reading of ≤ 5.0 , contact the nurse for advice
- Send us your Diet Sheet (if using a paper copy) and Glucometer Sheet prior to every nurse assessment.
Fax: **416-447-0792** Email: **DrBAtHome@DrBDiet.com**

Standard Blood Pressure Reading:

- You are required to take your blood pressure at least once a month or as directed by the medical staff.

High Blood Pressure (hypertension) Patients:

- Ensure that we have your correct list of medications and doses.
- We recommend that you get a blood pressure machine with a digital visual display.
- Take your blood pressure once a week prior to your nurse assessment appointment.
- Record your blood pressure on the Bernstein Diet App or your Diet Sheet.
- Send us your Diet Sheet (if using a paper copy) prior to every nurse assessment by fax or email.
- Notify us if you have a blood pressure reading of $\leq 110/70$ or if you have any symptoms.
- You can get your BP taken at most local pharmacies, or you can purchase a BP machine there as well.

Program Subscription Purchasing Options and Duration:

- The Bernstein At-Home Weight Loss Program is sold in time based Subscription periods.
- Subscriptions are either 2 or 4 week periods, and include initial startup and ongoing weekly Assessment Calls with one of the Nurses; use of the Bernstein Diet App and Patient Portal, and all supplies required to administer 3 injections per week.
 - 2-Week subscriptions include 2 nurse assessment appointments and 1 doctor appointment
 - 4-Week subscriptions include 4 nurse assessment appointments and 2 doctor appointments
 - Diabetic Patients; 4-Week subscription includes 8 nurse assessment appointments and 2 doctor appointments
- Your initial subscription treatment period begins on the date of the first documented assessment **and/or your first injection**
- Successive subscription treatment periods begin as the previous treatment period ends
- All Subscriptions treatment periods end after 2 or 4 weeks
- Remember to purchase subsequent subscription treatment packages approximately one week prior to the end of your current period in order to ensure that your kit arrives in time to continue your treatment uninterrupted.
- **Check your kit to ensure you have all your supplies you ordered. If you are missing any items, you must notify us prior to starting your kit**

Travelling/Vacation

The benefit of our virtual At-Home program means that you can continue to do all components of the program from anywhere. This will keep you on track, consistent and get you to your target goal quicker

- Please inform the staff if you are travelling so they may ensure we have the correct number to contact you for your assessments
 - If required you can request for a traveling letter
- If you decide that you are unable to continue with the program while travelling, your subscription treatment period will still end based on the package you purchased. There are no extensions and your future appointments will be cancelled.

Left Over Solution in the Vial

You may find that after you have used your required injectable doses there is some extra solution remaining in the vial. This remaining solution is to be discarded and not used. It is not part of the subscription treatment package.

Insurance & Tax Claims

Insurance

- Some patients have extended health insurance benefits that may cover all or part of the program fees. We can provide you the drug information, receipts and forms that your insurance company may require.
- In order to receive a detailed itemized receipt, you must have completed all of your weekly treatment visits with the nurse. This will allow us to provide the accurate details necessary to your insurance company.
- If you have not attended all your treatment visits, we can provide you with a lump sum receipt.

Tax Claims

- In most cases, our weight loss program qualifies as a medical expense for your personal income taxes. However, **you need to check with your tax adviser to determine if a tax credit applies in your particular situation.**
- Please make sure that you keep all of your invoices/receipts for tax claims.

How To Self-Administer a Subcutaneous Injection

An instructional video is available in the Patient Portal in the Tutorials Menu.

Gather the Supplies

- 1) The concentrated solution vial of Vitamin B6/B12 or B12 or B-Complex (whichever is applicable).
 - Temperature fluctuations will not affect the viability of the vitamin solution.
 - Allow the vial to return to room temperature before using.

Note: Vials will be wrapped in foam for more protection during the shipping process

- 2) Syringe with safety needle.
- 3) Alcohol pads.

Prepare for the injection

- 1) Wash your hands with soap and water for 20 seconds.
- 2) Gather all the supplies you need and take them to a clean area, i.e. table, counter.
- 3) Check the medication name and expiry date on the vial.
- 4) Check the amount of medication to be taken. **The dose is 0.4 ml.**

Clean the Injection Site

- 1) A subcutaneous (SC) injection deposits medication into the fat tissue below the skin.
 - Abdomen: Either side of the umbilicus, at least 2" below the umbilicus.
- 2) Wipe the area with an alcohol pad.
- 3) Place the alcohol pad on a clean surface to use again when withdrawing the needle, or have a clean cotton ball ready.

Fill the Syringe

- 1) Peel off the seal from the top of the vial (this is only done initially).
- 2) Clean the rubber stopper on the vial with the alcohol pad.
- 3) Unwrap the needle and syringe and place the wrapper on the table with the interior side facing up.
- 4) Remove the needle cap and place it on the wrapper.
- 5) Put air into the syringe by pulling the plunger to the amount of medication to be taken.
- 6) With the vial upright, put the needle into the rubber stopper and inject air into the vial.
- 7) Holding the vial with the needle still inside it, turn the vial upside down.
- 8) With the tip of the needle in the liquid, pull back the plunger to beyond the prescribed dose level. The solution will be colored (not clear). If you only see clear, you have only pulled back air and will need to pull the needle down further into the solution in the vial.
- 9) Holding the vial and needle together in one hand, "flick" the syringe with your other finger to float any air bubbles to the top.
- 10) Push the plunger into the syringe to the prescribed dose level on the syringe.
- 11) Turn the vial upright and remove the needle.

Administer the Injection

- 1) Pinch your skin and fat tissue with your non-dominant hand.
- 2) Hold the syringe in your dominant hand, as if holding a pencil. At a 90 degree angle, quickly dart the needle through the skin into the fat tissue.
- 3) Using your index finger on your dominant hand, push down on the plunger to inject the medication.
- 4) Put the alcohol swab near the needle and quickly pull the needle out. You may have slight bleeding from the site. This usually means you have broken a small blood vessel under the skin. Press gently on the site for 30 seconds.
- 5) Engage the safety mechanism on the needle by moving the pushrod completely forward until the pushrod is fully extended, and the needle tip is covered. Discard into a sharps container which you can pick up at a pharmacy.
- 6) Put all your supplies back in a safe place.