

WELCOME TO OUR FREE SERVICES PAGE

FREE CONSULTATION

Timing in life can sometimes be the difference between succeeding and failing. You can receive an initial consultation to determine if the Medifast program is right for you at this time. Our coaches want you to be successful, so you will never be pressured to order. This session will allow you to ask questions. Our coaches will also look at your current habits and lifestyle to determine if and how the Medifast program can be incorporated into your life.



FREE HEALTH COACH

If you have decided to begin the Medifast program, it is recommended that you have a personal health coach assigned. Your health coach will work with you on a consistent basis and is someone you can call for on-going support. You never pay extra for this support. We know that people who have a coach, achieve better results and are more likely to refer in the future.

SUPPORT THROUGH THE NATIONAL HEALTH INSTITUTE

The National Health Institute is available to anyone who is considering or is on the Medifast program. Doctors and nurses are there to answer medical questions that you or your physician may have. Just click on the **Need Help?** link, send us an e-mail and we will assist you in connecting to a licensed health professional.

FREE HEALTHY HABITS NEWSLETTER

The amount of information we receive on a daily basis can be overwhelming. This newsletter is simplistic with practical tips for healthy living. A small section of the newsletter is dedicated to the Medifast Program, but primarily addresses every day health habits not only for you, but for your family. It will also include mental exercises and quizzes that allow you to test and expand your health knowledge.

