

FREQUENTLY ASKED QUESTIONS

What is TrimTalk™ ?

This is a safe and affordable weight loss support program with a focus on providing guidance and structure for you, BY PHONE, on your schedule. It represents a middle ground between high cost drive-to weight loss centers and impersonal weight loss websites.

Who Created TrimTalk?

Trimtalk was created by Leonard J. Ram, MD, with a team of specialists in a variety of weight loss disciplines (dietitians, social workers, exercise physiologists, weight loss consultants, etc.). Dr. Ram is a board certified physician specializing in gastroenterology and is board certified as a Physician Nutrition Specialist by the American Board of Physician Nutrition Specialists. In his practice, he has served thousands of overweight and obese patients.

How Does The TrimTalk Work?

With Trimtalk, you get one-on-one weight loss coaching and support with the same Trimtalk coach. This provides for more personal attention than with chat rooms, group meetings, or bulletin boards. Each week you will discuss your food diary, checklists of exercises done, setbacks, problems, accomplishments, goals for the coming week, etc. You may enroll in coaching support alone, or add nutrition and/or fitness support as well. In each case, your coach is trained to provide the support you deserve.

Do I Have To Pay For The Phone Calls?

No. You'll be using our toll-free 800 number.

What Kind of Diet Plans Do You Offer?

If you choose a nutrition component, you will receive a customized meal plan, with menu guidelines, recipes, and educational pieces from the Trimtalk workbook. In addition, weekly discussion with your Trimtalk coach will allow for further personalization. Three general meal plans are available through Trimtalk:

- Balanced Weight Loss Plan
- Heart Healthy Diet
- The Ram Nut Diet

A plan will be suggested for you based on your answers to our Trimtalk questionnaire.

Does Weight Loss Phone Coaching Really Work?

Yes. Research studies have proven that when dieters use a structured program including behavior modification in the form of in-person or telephone based advice and support, the results are better than if they tried to lose weight on their own.

How Much Does TrimTalk Cost?

Trimtalk is very affordable. Because our coaches are telephone based, costs are lower than for in-person centers. No special foods or supplements are required. No gym or health club membership is required. All costs are up front with no hidden charges.

Who Are the TrimTalk Coaches?

The Trimtalk coaches are people who have successfully lost weight themselves and kept it off, and who have been extensively trained in the Trimtalk program and philosophy-weight loss psychology, nutrition and fitness. Their work and education backgrounds include: counseling, dietetics, fitness, nursing, and social work. They all have substantial life experience and are easy to talk to. All coaches are regularly supervised by our experts in each weight loss discipline.

When Are TrimTalk Coaches Available?

Trimtalk coaches are available 6 AM to Midnight Eastern Time, 7 days a week.

When Can I Contact My TrimTalk Coach?

You will have a regular weekly appointment with your Trimtalk coach. Additional appointments can be scheduled based on your needs. Should you have questions between appointments, you can contact your Trimtalk coach via voicemail and they will return your call.

Is There a TrimTalk Maintenance Plan?

Yes. Trimtalk will give you all the support you need, for as long as you need it. Discounted long term maintenance plans are available.

Will TrimTalk Cost Be Covered by Health Insurance? Is it Tax Deductible?

The cost of Trimtalk may be covered by your health insurance. Check with your insurer for reimbursement. Many insurers will cover the cost of behavior modification, counseling, and classes for weight loss, but not diet foods or supplements (which are not required for this program). In any event, your out of pocket costs should be deductible on schedule A of your 1040 tax return.

Is TrimTalk for Everyone?

Potentially, Trimtalk is for everyone, since it's based on regular food and does not involve prescription drugs or radical weight loss methods. However, we do not accept clients under 18, those who are pregnant or nursing, persons with eating disorders such as anorexia, bulimia, or binge eating disorder, or persons with serious medical conditions. Anyone with questions on whether they should not participate in Trimtalk should consult their personal physician.