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Note: The content of this article will be changing on July 8, 2025 with the launch of our brand new Premier+. For more information, please refer to the article Premier+ via Coach Answers. To access your profile, hover your mouse over your name and select Profile from the drop-down menu. The top of the page displays Highest Rank Achieved, business name, ID number and day that you became an OPTA ...

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{OPTAVIA's [Bi-layer] Multivitamin & Mineral supplement} provides essential micronutrients to help fill the nutritional gaps in your diet during your weight loss journey/while using GLP-1 medications. {OPTA VIA's [Bi-layer] Multivitamin & Mineral supplement} provides 23 vitamins and minerals, including key nutrients that most American's do not receive adequately from their diet alone ...

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OPTAVIA CONNECT

OPTAVIA CONNECT provides Coaches with information on harnessing the full potential of CONNECT and the CONNECT App. Discover essential insights into utilizing CONNECT effectively, pull relevant Client reports, Coach Reports and leverage powerful resources such as SHARE and BUZZ.

Optimization Sample Meal Plans

While on the Optimization Plan, you will follow a sample meal plan that matches your caloric needs and activity level. Our team of dietitians have designed meal plans to fit your lifestyle and nutritional needs, resulting in a variety of meal plans ranging from 1,200–2,400 calories. During optimization, we recommend that you eat six small meals per day to help maintain energy and optimize ...

OPTAVIA ASCEND mini meals vs. OPTAVIA Fuelings: What's the difference?

The new OPTAVIA ASCEND mini meals are designed for two specific plans: the GLP-1 Nutrition Support Plan and the Optimization Plan.