

# Obesity Treatment Center | MEDICAL GROUP



*Rediscover Your Future*

Information for prospective patients

# Rediscover Your Future



## Facts, Concepts and Skills

Effective weight management requires acquiring and applying new concepts of nutrition, exercise and conflict-resolution. Our core philosophy is that weight loss is not a cure for obesity, but a first step toward adopting a new lifestyle based on problem-solving skills to shape new behaviors. This is accomplished by a combination of lecture, demonstration and discussion to present behavior skills that lead to effective weight management, including:

- Traps of avoidance and denial
- Realistic goal setting
- Dealing with failure
- Weight gain learning curve
- Stress, time and your lifestyle
- Setting effective boundaries
- Nutrition: goals and consistency
- Protein, fat and carbohydrates
- Estimating portions and calories

- Record keeping
- Holidays and vacation eating
- Restaurants: tips and techniques
- Exercise
- Living in a lower weight body

Once you have chosen a class time, the group relationship begins. Our curriculum is designed for active exchange of information within the group facilitated by our behavioral education staff. Individual assistance is always available as needed and is encouraged as you and behavioral educator build a bond of understanding, trust and accountability.

## Maintaining Weight Loss

Our behavioral aftercare program, known as Skills begins at the end of weight loss when food is gradually reintroduced over a period of several weeks. Now you'll experience the ups and downs of life including holidays, birthdays, sadness and joy and apply the information learned in class. A minimum of 12 to 18 months of participation in Skills is recommended to experience as many real life situations as possible. These small groups meet weekly under the guidance of a behavioral educator. Participants share their challenges and victories as they become accountable to themselves and the group. Accurate food records are the language of Skills groups but demonstrations, discussions and lectures are also used to find solutions.

## Program Structure

OTC's program consists of two phases. Phase I (safe/rapid weight loss) requires weekly medical monitoring and class attendance to teach you the skills you will need to manage your weight.

There are two choices for weight loss: Option 1 uses a nutritionally-complete prescription beverage to provide all nourishment; Option 2 includes one meal per day with fewer beverages. Weight loss is not only safe, but rapid: an average of 3-5 pounds per week

on Option 1 and the elimination of food choices. Patients in Option 2 lose weight at a similar rate (2 pounds per week) using the beverages and a strictly measured meal of conventional foods, from a wide list of choices designed for those who need to eat conventional foods for business or family reasons.

In Phase II, or Skills, you will apply the information learned in class and begin long-term skill development. Weekly group meetings are the preferred forum, but private appointments with behavioral educators are also available.

### **Medical Evaluation & Monitoring**

Potential participants are screened by the OTC medical staff. Screening includes a medical history, health status evaluation including laboratory (blood) tests and an electrocardiogram. Once accepted into the program, patients are regularly monitored by our medical staff to ensure safe and healthy weight loss. Contact with OTC is available to patients 24/7 to ensure their confidence and well-being while in our program.



### **Physical Fitness**

Regular exercise is the #1 predictor of long-term success in weight management, and is essential for general health, vitality and improved self-esteem. OTC provides a supportive environment for the development of physical fitness skills with skilled exercise physiologists. Our staff is certified through the American College of Sports Medicine and is trained in the physical needs of the overweight person. Demonstrations and lectures on exercise techniques, safety or simply getting started are an integral part of our education component. An in-house workout studio is available to our patients.

Patients in both Phase I and II have access to OTC's exercise physiologists, in consultation, at no additional cost.

### **On The Horizon...**

Many patients who are maintaining their weight satisfactorily after 18-24 months and wish to maintain clinic contact have the option of regular or private appointments, as needed, at nominal cost.

If you have regained some weight or wish to continue interrupted weight loss, you are encouraged to return to OTC as part of the understanding that obesity is a chronic disease that often needs re-treatment. Upon medical and behavioral approval and after completing medical admission requirements, you may return to Re-Entry weight loss. Re-Entry classes focus on special issues of the returning population. You should never be apprehensive about returning because weight management is a complex process that responds to continual fine-tuning. Some of the most successful patients are those who attempted our program more than once.

## Medical Leadership

Medical leadership of OTC Medical Group is provided by John D. Hernried, M.D., F.A.C.P. Dr. Hernried has a deep, caring interest and extensive experience in the treatment of obesity. Board-certified in Internal Medicine, he is also a member of the American Society of Bariatric Physicians, North American Association for the Study of Obesity and a Fellow of the American College of Physicians.

Dr. Hernried has directed weight loss programs for area hospitals and serves as Assistant Clinical Professor in the Department of Medicine, University of California, Davis; he also remains active in clinical research and is a well-known lecturer on emerging topics in obesity. Dr. Hernried has been listed as a "Top Doctor" in Sacramento Magazine, Solano Magazine and The Davis Enterprise. He is a graduate of Texas Tech School of Medicine, and was a resident in Internal Medicine at the University of California, Davis.

## A Unified Team

OTC's staff physicians, physician assistants and nurse practitioners are drawn from a variety of local environments, including area hospitals and clinics, private practice and the U.C. Davis Medical Center. The treatment team at OTC also includes ACSM-certified exercise physiologists, nutritionists and registered dietitians. Our behavioral education staff includes a variety of disciplines, including education, social work, counseling and nutrition. The behavioral staff undergoes extensive continuing education on an ongoing basis to provide the best of current information to our patients.

The entire OTC staff regularly participates in educational courses to assist patients with rapid, safe weight loss. Together, we work to provide a friendly, supportive environment to meet our including your medical, nutritional and behavioral needs.

Our mission is to improve your health and general well-being, to be a force for positive personal change

and to enhance your chances for living a long and healthy life. Full participation is essential for results. As we frequently remind our patients, "This program works, if you work the program."

## Program Pricing

Please see the OTC "Schedule of Fees and Services" for information on program costs. If you have questions about fees, please feel free to call OTC or attend an Information Meeting. Some insurance companies, employers and flex accounts will reimburse portions of this program. Comprehensive financing is available through Care Credit (GE Capital); OTC will provide details and monthly payment estimates on request.

## Information Meetings

OTC holds regular Information Meetings at both of its locations at no charge. This is the best way to become better acquainted with the program, even if you are already planning to join. Attendees who wish to apply to the program may do so at the meeting. Day, time and location vary, and groups are kept small, so please call to reserve a spot if you wish to attend. You may bring a guest, if you like; just be sure to let us know if you plan to do so, to ensure adequate seating.



## About OTC Medical Group

Since Obesity Treatment Center opened in February 1983 we have helped tens of thousands reach and maintain a healthy weight. We track and regularly publish our outcomes on our website. Our most recent study shows OTC's program to be superior to any other published study of long-term outcomes, comparable to bariatric surgery, with fewer risks and more opportunities for success.

## Locations and Hours

All initial screenings, weekly medical monitoring and behavioral classes are held on-site at the OTC offices. Our main office is located at 2399 American

River Drive, at the corner of American River Drive and Scripps Drive in Sacramento.

Our second office is located in the city of Davis at 2056 Lyndell Terrace (adjacent to Sutter Davis), to serve Davis, Woodland and surrounding areas.

There are no walk-in services available at either location. Please contact the OTC offices (at either number listed in this brochure) for all appointments and information, including classes. Our hours are 10:00 am to 8:00 pm Monday through Thursday (3:00 – 8:00 p.m. in Davis). We are closed on Fridays and between 12:00 and 2:00 on Tuesdays. Our message service is always available when OTC is closed. You may also reach us through email: [info@keepitoff.com](mailto:info@keepitoff.com)

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## From Our Medical Director



If you're considering a weight loss program, let me start by commending you on taking the first step toward improving your health. Here at OTC, I love being part of a team that will help you lose and maintain your weight. It's such a thrill when I can tell you, "Your blood pressure is like a teenager's again, you can now stop taking blood pressure pills." I look forward to hearing that you're training for a 5K run (perhaps something you never even considered before now) or going to the gym regularly, or even enjoying a walk around your neighborhood for the first time in many years.

But, you and I both know challenges lie ahead and I look forward to helping you with them. Part of my job is helping you realize that obesity is a chronic disease that can be managed but not cured. "Perfection" in managing your weight is not the goal. Since perfection is unrealistic, OTC is here to help you "get

back on track or start all over". This might sound hard, so I try to offer helpful tips to my patients such as:

- Give us a call (at any hour) the next time you are stressed and feel like eating.
- Let's make a plan together to anticipate difficult situations.
- How about meeting with our exercise physiologist to determine a better exercise for you?
- The medication you are currently taking for diabetes is known to cause weight gain. Let's try another one that doesn't cause hunger and weight gain.
- I am so glad you came back now before you regained more weight. Being successful is about knowing when to ask for help.

I hope you will take advantage of OTC's experienced staff. We're all aware of the emotional and physical barriers you face and we're eager to help you acquire the skills necessary to overcome them so you can "Rediscover Your Future".

# Patient FAQ

## **I've lost weight on dozens of diets but I haven't been able to keep the weight off. Why not?**

Because most commercial diet centers only focus on the diet. They give you some combination of products - special foods, supplements, lectures and so on. Few, if any, actually offer a program that identifies and changes the behaviors that contribute to your being overweight in the first place.

Our program, will help you overcome the avoidance and denial that have made and kept you overweight. While you're losing weight you'll receive professional help and be held accountable for your actions. Clinical studies have shown that accountability and behavioral counseling are effective tools in weight loss and they are the cornerstone of OTC's program.

## **Other weight loss programs make similar claims. How are you different?**

Most commercial diets like to focus on one or two success stories but rarely will they back it up with statistics. We at OTC are happy to show you our statistics because we are proud of them: our typical patients lose approximately 35% of their body weight. Those who continue in our aftercare program are able to maintain 58% of this weight loss eight years after completing our program.

## **What should I look for in a weight loss program?**

There are a lot of questions you should ask before you entrust your health to a weight loss center. How long has the program been in the area? What is its client retention? What are the success statistics of that particular center? What is its weight management philosophy and why is it better than everyone else's approach? Are there physicians on-site? Are they available for on-call services? Are they trained and experienced in the metabolism of weight loss? How will they monitor your health? How experienced is the staff? How



long have they worked in that particular program? How are they trained?

## **How long will the program take?**

The diet phase lasts as long as it takes you to lose your weight. On the average, women lose about three pounds a week, men about five. The maintenance phase is at least 18 months after weight loss is complete. We have found that this amount of time is necessary to create the long-term behavioral changes needed to keep weight off for good.

## **Will the Obesity Treatment Center make me thin?**

Our goal is to make you healthy. This includes learning the best nutrition for your body. OTC can teach you the skills and give you the support you need to manage your weight for greater health and vitality and an improved appearance. The program works if you work the program.

### **Can't I just take a pill?**

Medications are a useful tool in the treatment of obesity for some people. But we feel strongly that relying on a medication for weight loss does not substitute for learning effective behaviors. This is particularly true of people who have a substantial amount of weight to lose or are chronically overweight. Learning to maintain a lower-weight body with skills in nutrition, exercise and self-management cannot be replaced by any medication. In addition, medications will have little benefit without behavior change. At OTC we want to create independence through individual skills for a lifelong of effective weight management. Therefore, we use these medications only as an adjunct to our maintenance program in order to assist patients as they learn to adjust to a lower-weight body. This is required on a minority of our patients.

### **Why is your maintenance phase so long?**

Two principles we strongly believe at OTC are that it takes time to learn and you must be tolerant of the mistakes you make along the way. Our maintenance phase is based on almost twenty-five years of experience. Although patients are learning while in weight loss, the experience comes in the maintenance phase. We want our patients to stay connected as they adjust to life in a new, lower-weight body. Common challenges are compliance with nutrition and calorie guidelines, maintaining exercise, practicing new behaviors around eating and interacting with people and situations in their lives in a new and different way. These behaviors must be practiced simultaneously, which can cause stress, panic or feelings of failure. Maintenance clients require consistent, frequent contact with the behavioral staff. It takes time to replace emotional responses to old behaviors and focus on facts. A minimum twelve months of weight management also ensures that the client will experience familiar "eating" situations such as vacations, holidays and life stress with support, accountability and planning rather than resorting to old behaviors that result in weight gain. We know that weight regain is a reality for any dieter. Facing this while under the care of the

OTC staff can turn a small weight gain into a learning situation to avoid future regain.

### **Should I Just Have Bariatric Surgery?**

Just like our medically supervised diet, gastric bypass surgery is not a cure for obesity. It is an effective tool for the severely obese, however, surgery does not cause long-term behavioral change. After an initial honeymoon period, the hunger and emotional longing for food returns. Without effective behavioral skills, there can be significant regain. There are no second opportunities if you regain after surgery. In addition, there are significant medical risks associated with surgery—nutritional deficiencies, surgical complications like intestinal obstructions, bleeding, and even death.

For patients who have decided to have surgery, OTC offers the support necessary to increase their chance for long-term success. Our medically-supervised diet allows patients to lose weight often required before many patients are eligible for surgery. In addition, our education and behavioral program provide the skills necessary to make gastric bypass work for you over the long haul.

It's not unusual for us to see patients who have regained weight after gastric bypass. Our program is appropriate for those patients as well. We can help them lose weight in a nutritionally safe manner and help them change behaviors to allow for long-term weight loss.

### **How do I know if I need the Obesity Treatment Center?**

If you have been given the diagnosis of obesity (see our BMI calculator) or your weight is affecting your health, the combination of medically-supervised weight loss and long-term behavioral counseling offered by OTC is the successful way to manage your lower-weight body. If you're still not sure, request more information by telephone (916-978-0300) or by e-mail: [info@keepitoff.com](mailto:info@keepitoff.com).

## If this program works, why do you have repeat clients?

At OTC we are not ashamed to say that we have repeat clients. While it's possible to lose weight and maintain a 100% loss, and some clients do, many people possess significant levels of resistance to the new skills and behaviors that will make weight maintenance possible. Their level of commitment is not yet sufficient to learn and maintain these behaviors. This can lead to frustration and feelings

of failure, often followed by loss of contact with the program and regain. At OTC we want our participants to understand that, whether they had to interrupt weight loss before reaching their goal or have experienced regain, they are always welcome to return to OTC. A returning patient, for whatever reason, is not a loser but a player. By staying in the game they can continue to work toward their ultimate objective and we applaud them.

## Check out our Website!



Our popular blog is online and packed with informational articles by Dr. Hernreid and nutritionist Maureen Allen. Go to [www.keepitoff.com/blog](http://www.keepitoff.com/blog) today!



There are so many resources for you on our newly redesigned website — too many to list! Go to [www.keepitoff.com](http://www.keepitoff.com) to find program information, success stories, staff bios, exercise tips and much much more.

# Outcomes and Testimonials

## OTC's Newest Outcomes Study

*This month, OTC completed its most recent outcomes study. The study examined avoidance of weight re-gain after completing our recommended program of weight loss followed by at least 18 months of behavioral aftercare. (Our behavioral aftercare program is known as Skills.) The results are summarized in these tables, and more detail about the study is on our website. The results were very encouraging, especially for those completing Skills. It also told us much more about our approach to treating obesity.*

### Who Did We Study?

We randomly selected patients who had completed at least four months of weight loss followed by 18 or more months of behavioral aftercare (**Skills**) and compared them with randomly selected patients who did not go to Skills. (In the future, we will extend our study to others who attended fewer than 18 months of Skills.)

### Does OTC Work?

OTC has always maintained, “the program works if you work the program.” The study clearly shows that Skills is effective. The patients in this group were able to maintain 58% of their weight loss **after eight years**. This translates into 15% loss of pretreatment body weight and a dramatic health improvement with reduced risk for diabetes, coronary artery disease and cancer. Obesity-related risk of death was reduced by as much as half. Those who did not participate in Skills maintained lost weight, but not nearly as much as those who participated in Skills.

If you've regained your weight, and never tried Skills, we strongly recommend that you try it now because this study demonstrates how important it is to long-term avoidance of weight regain.

### How Do the Results Compare to Other Programs?

There have been many studies looking at the combination of very low calorie diets and behavioral therapy, an approach which has been shown to be the most efficacious. The best long-term published study showed a weight loss of 3% after 8 years by comparison to OTC's 15% after 8 years.



The best conventional diet study published was Weight Watchers in 2003 on a lower-weight group. Their study lasted two years. After two years, average weight loss was 3% dropping from 5% at six months.

OTC's results compare favorably because our comprehensive program has been tested over time, we extensively train our behavioral staff and we understand obesity as a chronic condition that may require periodic re-treatment.

## Are OTC's Behaviorists and Medical Staff Surprised by the Findings?

No. The study confirms what we knew—that obesity is a disease of abnormal energy storage and that weight regain is part of the disease. It is a chronic disease that may require periodic re-treatment. The study confirms that our most successful patients understand this and know when to call us. We know there are good reasons why people regain weight—an injury, illness or major life stressor. These are part of living and we welcome patients back to help.

## How Does OTC Work?

The key aspects of OTC remain its Skills program and keeping in contact with our behaviorists. The study shows that it is worth the time and effort and saves lives. At OTC, we have found 18 months is the length of time it generally takes for patients to master the behaviors which will sustain their weight loss.

OTC's unique multidisciplinary program and the special and extensive in house training our behaviorists receive are key aspects to patients' success. It is important to know that patients have a wide variety of staff to call upon (behaviorists, physicians, dieticians and exercise physiologists) and that your behaviorist has acquired the training necessary to rapidly identify issues to get you back on track.

## Who is the typical successful OTC patient?

According to the study results, typically successful OTC patients were not always successful in the beginning. Some went through the program once or twice with little or no participation in Skills and regained their weight back. **However, they knew to come back and keep trying until they were successful.** Ultimately, they attended Skills and were able to maintain significant weight loss. They also knew to return if there was any partial regain after attending Skills and to stay connected to OTC for as long as they needed support. They knew that they were always welcomed back and that the program and their behaviorist were there for them.

### OTC patients (who completed the recommended program):

Years since starting at OTC.....	8
Percent Female .....	77%
Age when they started at OTC.....	47
Age now .....	55
Initial weight (pounds).....	247
Initial Body Mass Index (BMI).....	40
Pounds lost during weight loss phase .....	88
Pounds maintained from pretreatment weight.....	41
Maintained percent of pretreatment body weight. ....	15%
Body Mass Index (BMI) after 8 years .....	34
Average percent of original weight loss maintained.....	58%

### How Has The Health of This Group Improved?

Percent who achieved medically-significant weight loss of at least 10% .....	90%
Percent who have maintained at least 15% weight loss.....	57%
Exercise hours per week .....	3
Obesity-related risk of death reduced by.....	43%
Obesity-related risk of heart disease reduced by.....	35%
Obesity-related risk of Type 2 diabetes reduced by.....	42%

### How Does OTC Compare to Other Non-Surgical Programs?

<i>(Maintained percent of pretreatment body weight)</i>	
OTC at eight years. ....	15%
Best published long term study at eight years .....	3%
Weight Watchers at two years .....	3%

# BMI Chart

Body Mass Index (BMI)

		WEIGHT (lb)																											
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350				
HEIGHT (ft/in)	4' 5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88				
	4' 6"	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63	65	68	70	72	75	77	80	82	84				
	4' 7"	28	30	33	35	37	40	42	44	46	49	51	53	56	58	60	63	65	67	70	72	74	77	79	81				
	4' 8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	69	72	74	76	78				
	4' 9"	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	74	76				
	4' 10"	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	71	73				
	4' 11"	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71				
	5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	67	69	71			
	5' 1"	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	66				
	5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64				
	5' 3"	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62				
	5' 4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	60				
	5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58				
	5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	56				
	5' 7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	55				
	5' 8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	53				
	5' 9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	52				
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	6' 0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	47				
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6' 6"	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	40					
6' 7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	39					
6' 8"	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	33	34	35	36	37	38					
6' 9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	38					
6' 10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37					
		Less risk																				More risk							

Underweight   
 Low Risk   
 Overweight   
 High Risk with the medical diagnosis of obesity

## BMI Chart Details

### BMI 19-24: YOU ARE LOW RISK

- Eat a healthful diet with five servings of fruits/vegetables every day.
- Exercise a minimum of 30 minutes a day will prevent weight gain.

### BMI 25-29: OVERWEIGHT

- You are at risk of medical complications associated with your weight.
- It is even higher if your waist circumference is >35" (women) or >40" (men).
- Make sure you are physically active. 30 minutes of physical activity every day has been shown to dramatically reduce the onset of diabetes.
- Reduce your weight by 10-20 pounds to reduce your risk. If this is difficult on your own, consider a program to help you. OTC's new "Quick-20" program may be for you.

### BMI OVER 30: HIGH RISK WITH THE MEDICAL DIAGNOSIS OF OBESITY

- You are at serious risk for complications associated with your weight. You may already have some diseases that are on the list.
- Your weight is a disease that requires a comprehensive approach.
- Even if you've lost weight before and gained it all back, you can still manage your weight. Most of those who are able to maintain their weight didn't make it the first, second or even third try either.

#### List of Complications Associated with Obesity

Diabetes	Cancers—breast,
Coronary Artery Disease	uterine, prostate,
Metabolic Syndrome	leukemia, colon
Arthritis of Knees,	Stroke
Hips, Back	Depression
Asthma	Sleep Apnea
Hypertension	Gallbladder Disease
High Cholesterol	Infertility

# Obesity Treatment Center | MEDICAL GROUP

## Medical Director

John D. Hernried, M.D., F.A.C.P.

Internal Medicine

Assistant Clinical Professor

University of California, Davis

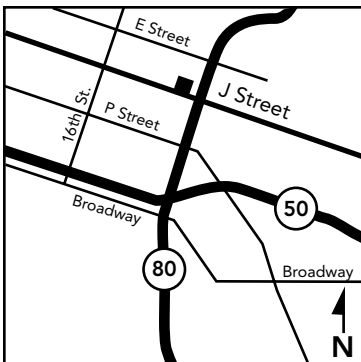
[www.keepitoff.com](http://www.keepitoff.com)

## Locations

All initial screenings, weekly medical monitoring and behavioral classes are held on-site at the OTC offices.

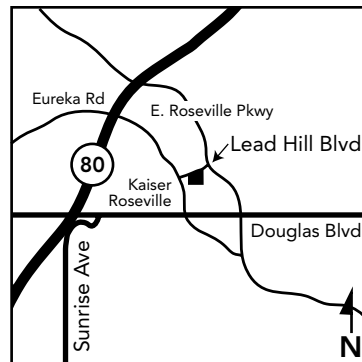
Our main office is located at 2825 J Street, Suite 435A. Our other offices are conveniently located in the city of Davis at 2056 Lyndell Terrace (adjacent to Sutter Davis), to serve Davis, Woodland and surrounding areas; and in the city of Roseville at 1650 Lead Hill Blvd in the Health and Wellness Center.

There are no walk-in services available at either location. Please contact the OTC office near you for all appointments and information, including classes. We are closed on Fridays. Our message service is always available when OTC is closed. You may also reach us through email: [info@keepitoff.com](mailto:info@keepitoff.com)



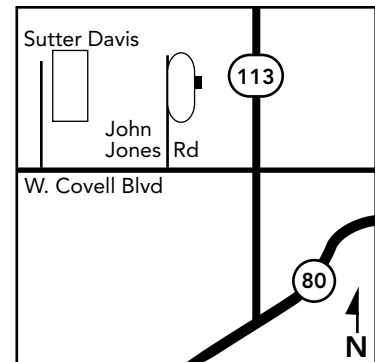
### OTC in Sacramento

2825 J Street, Suite 435A  
Sacramento, CA 95816  
(916) 978-0300  
[info@keepitoff.com](mailto:info@keepitoff.com)



### OTC in Roseville

Located at Roseville  
Health and Wellness Center  
1650 Lead Hill Boulevard, Suite 500  
Roseville, CA 95661  
(916) 781-9800



### OTC in Davis

2056 Lyndell Terrace, Suite 100  
Davis, CA 95616  
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[info@keepitoff.com](mailto:info@keepitoff.com)