**Section 1:**

H: Lose Weight, Keep It Off, and Live Life on Your Own Terms

P: Beneficial weight loss isn't something most people can achieve through willpower alone. The vast majority of people we’ve treated had tried other diet programs, but they’d been left with nothing but disappointment… until they found us. We’ve helped thousands of people with all types of needs and goals lose weight without hunger or surgery.

**Box 1:**

H: Make Rapid Progress

P: Most people safely lose 2-5 lbs. per week.

**Box 2:**

H: Build Good Habits

P: Maintain your results.

**Box 3:**

H: Maintain your results.

P: If you get off track, we can help you return to your ideal weight.

CTA: Get a Free Quote (popup)

**Section 2:**

H: Get the real story about renewed life through weight loss.

T: “After several decades of failing at one attempt to reduce my weight after another, I was pretty close to despair. The Hernried Center appeared as the last opportunity for me, and has totally transformed the way I live my life, think about food, experience daily exercise, and consider what is possible for me. I finished at 165 lbs., half of what I had weighed at my heaviest. And I knew that if I returned to my previous eating and exercise habits, I would regain all of the weight in less time than it took me to lose it.”

– Janice, patient

T: “It wasn’t all about emotions and feelings. They told me why I weighed what I weighed and what I could do to change that. I was very impressed with the breadth of information from physiology to metabolism to nutrition. This is about changing the way you eat food. This is a lifestyle change.”

– Larry, patient

Embeded Video of Kari's Patient Testimonial

Caption below video: Patient Testimonials: Meet Kari!

CTA: See for Yourself

**Section 3:**

H: Effective programs to meet your individual needs and provide great results.

P: Whether you’re significantly overweight or just need to slim down, The Hernried Center is here to help you end your weight loss struggle—fast and finally. We offer individualized medical weight loss plans based on our 2-Step and Quick-20 programs, allowing us to suit your unique needs…without surgery or contracts!

**Box 1:**

H: 2-Step

P: We start by getting your extra weight off as quickly as possible, with physicians and other medical professionals monitoring you closely and making adjustments along the way. Then our certified coaching professionals help you keep it off with support, guidance and the skills to maintain a healthy weight.

CTA: Learn More About 2-Step

**Box 2:**

H: Quick 20

P: Got a busy schedule? More self-directed? This effective program is both comprehensive and individualized...with your coaching and care delivered by real medical providers and certified behavioral health educators.

CTA: Learn More About Quick 20

Add how the weight loss works i.e. how you’ll lose the weight section that highlights the ketosis/meal replacements. Messaging to should be something like “Not the meal replacements you’re used to,” because those are a differentiating factor as well.

**Section 4:**

H: Covered by insurance. Committed to affordability.

P: If you think that a sophisticated weight loss program will drain your finances, then take a breath. For Medicare and most PPO insurance plans, The Hernried Center's programs are covered and easy on your wallet. Depending on your plan, you’ll likely only need to pay money out-of-pocket for copays/coinsurance and your meal replacements, which are comparably priced to the average person’s food costs.

CTA: Get a Quote

**Section 5:**

H: Start living thinner with our scientifically verified weight loss methods.

P: We’re proud to show you every detail of our scientifically proven results at The Hernried Center so that you can make an informed decision about effective weight loss and your best possible health.

CTA: Our Results

**Section 6:**

H: Dr. John Hernried and his team provide leading-edge weight loss expertise.

P: As our president, medical director and program creator, John Hernried, MD, FACP has dedicated himself to helping the overweight and obese of Sacramento and beyond have better lives. Using sound medical principles and meal replacements only available to doctors, Dr. Hernried has designed a truly different and exceptional weight loss strategy. And to help properly conduct his programs, he relies on a carefully chosen group of specialized doctors, nurse practitioners, exercise scientists and behavioral health educators. As a unified team, we all have a singular focus for you: successful weight loss that stays lost.

CTAs:

Dr. Hernried

Doctors & Nurse Practitioners

Diet, Exercise & Behavioral Health Team

Photo of Dr. Hernried & Logo for American Board of Obesity Medicine

**Section 7:**

H: Learn about The Hernried Center and how we can help you quickly lose weight.

P: We’re dedicated to providing you the most convenient weight loss experience possible. To meet that goal, we offer all the tools and information you need to start your rapid transformation at The Hernried Center.

CTAs:

Body Mass Index (BMI) Calculator »

Class Schedule »

Blog »

Genetic Customization »

Meal Replacement Recipes »

New Patient Forms »

FAQ »

Section 8 (contact form):

H: Sign Up for a FREE Information Session or Request an Appointment

Call 800-815-4881

Or

Use Our Easy Online Contact Form

\* Insert form from home page

Section 9 (Locations)

Footer