

Guidance for playing Joker 3: Mini Reset Plan on the NHS Low Calorie Diet Programme

You can play *Joker 3: Mini Reset Plan* if your weight has increased by 2kg (4.5lbs) or more and you are in Phase 3 Retune. You can play this Joker once in Phase 3 but only if you have not already played *Joker 4: Full Reset Plan*.

A Mini Reset Plan lasts four weeks and consists of:

- 4 weeks of 2 x TDR products and 1 meal a day; and then
- A return to eating only real food.

Before you start your Mini Reset Plan

You will need to speak with one of our Advisers to:

1. **Confirm that the medications you're taking will not pose any risks to you** and that it's **safe for you to proceed with the Mini Reset plan** without making any changes (see end of document for details)
2. **Agree a start and finish date for your Reset Plan** ensuring that you are able to follow the plan for the **full four weeks**
3. **Agree to monitoring throughout the Reset Plan** by
 - a. **Recording and submitting weekly** weight and blood glucose measurements, and blood pressure measurements if you were on blood pressure medications at referral to the programme.
 - b. **Checking-in with our Advisers** each week
4. Our Advisers will then issue you with a **voucher code to order 56 products** at this weblink <https://www.exantediet.com/voucher-codes/momenta/mini-reset-order.list> (or you can get to this through the main Momenta page <https://www.exantediet.com/momenta.list> on the Exante site).

To prevent complications we advise you to

- Space your products / meals regularly throughout the day
- Drink at least 2 litres of additional fluid – and more if you're eating bars rather than soups or shakes or the weather is warm
- If required, take the daily fibre supplement to prevent constipation.


Top tips for success on the Reset Plan

1. Plan ahead and keep focused on what you're trying to achieve. Refer to pages 164-191 in your Momenta *Workbook*. Include only healthy balanced meals to maximise

- weight-loss and prevent side-effects or complications. You'll find suitable recipes in our *Momenta Recipe Book 2* <https://discovermomenta.com/diabetes-remission-1>
2. Drink plenty of water and other low calorie fluids or try some of the drinks in your *Momenta Workbook* (pages 24-30)
 3. Think about how you'll make best use of your *Momenta High performance toolkit* (see pages 86-91 of your *Momenta Workbook*)
 4. Talk to our Adviser on your weekly check-ins – and/or your Coach in your meetings.
 5. Take time to learn from your experiences and consider what you need to do to sustain your weight loss by *developing and adopting healthy lifestyle behaviours for the long term*

Medications – see page 19 of your TDR booklet

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Important!

- If you're at all unsure about whether to make changes to any of your prescribed medications or if your prescribed medications have changed since referral check with your GP practice asap
- Do NOT make any changes to your medication until your first day of TDR products. Keep taking your medication as normal until then
- If you're taking any Sulfonylureas, Meglitinides and SGLT2 inhibitors (see table below for common brand names) you MUST STOP doing so on your first day of TDR products as taking these on a low calorie diet has higher risks than other medications
- Do NOT start total diet replacement (TDR) products if you're in any doubt.

| Class of medication | Examples of drugs |
|-----------------------------|--|
| Sulfonylureas | Gliclazide, Glibenclamide, Glimepiride |
| Meglitinides | Repaglinide, Nateglinide |
| SGLT2 inhibitors (-flozins) | Dapagliflozin, Canagliflozin, Empagliflozin, Ertugliflozin |

