



# The Low Carb Journey

TECHNOLOGY NUMBER: 2025-281



## OVERVIEW

A Self-Guided Learning Experience on how to implement a very low carbohydrate meal plan

- The Low Carb Journey is a self-guided, 16week program that teaches you how to follow a very low-carbohydrate meal plan (less than 50 grams of carbs per day).
- The program content includes 3-5 minute videos, handouts, recipes, tips, and check-in messages on topics like meal planning, carb counting, dining out, and more.
- Along with reading and watching the learning materials, you will track your weight and the carbs you eat and drink (your carb intake) every week.

## BACKGROUND

The Low Carb Journey was developed by researchers at the University of Michigan as a self-guided educational resource to assist patients who are interested in following a carbohydrate restricted eating pattern. This resource is intended for patients that have a desire to initiate an injectable weight loss medication program and is intended to work in tandem with that course of treatment. Patient should meet treatment eligibility criteria and be working under a physicians guidance.

## INNOVATION

This program is deeply integrated into the Electronic Health Record (EPIC) workflow and systems allowing for a seamless patient and clinician experience. The messaging, content and education modules are delivered via email or via mobile application push messaging providing for timely

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## Category

Agricultural, Food Science and  
Nutrition  
Content  
Life Sciences

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and consistent communications. Using common and well understood constructs such as to do lists, reminders and notifications allows for a contemporary, consistent engagement and better patient adherence and impacts. The system has been validated through multiple studies and optimized for user experience acceptance and ease of use.

#### Who Is this program for?

This program is for you if:

- You want to follow a very low-carbohydrate meal plan (less than 50 grams carbs per day).
- You are willing to complete tasks through an online program (using a mobile app or web browser).
- You are comfortable recording your weight and carb intake using a patient portal. (If watching your weight is upsetting or stressful to you, this may not be the right program for you.)
- You are willing and able to check your blood pressure or blood sugar if you are taking medications for high blood pressure or diabetes.

How does the program work?

- You must have an active patient portal account to participate.
- All program content is delivered through your Patient Portal platform, through either a mobile app or a web browser. You can find your tasks by reviewing your To Do List
- Once your doctor has enrolled you in the program, you will start receiving Care Companion tasks. You can stop or leave the program at any point.
- If you are using the mobile app: You must turn on push notifications to get alerts through your device that you have tasks to complete.
- If you are using a web browser: You will receive e-mails about tasks you need to complete.

#### **ADDITIONAL INFORMATION**

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