



HMR at Home® Order Form

Mail this form to: St. Joseph's Hospital/WM Program
 3005 W. Martin Luther King Jr Blvd
 Tampa, Florida 33607

Date: _____

Previously Purchased: Yes No

If no, how did you hear about us? _____

Or call to order: 813-870-4986

Or fax your order: 813-870-4804

Or email your order: SJH.WeightManagement@baycare.org

Billing Address/Shipping Address Your Name _____ Address _____ <small>(Sorry, UPS cannot deliver to P.O. Boxes)</small> City _____ State/Zip _____ Daytime phone number _____ Email _____	Payment Information Method of payment (please check one): <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> DISCOVER Expiration date: MO ____ YR ____ Please write in your credit card number below: _____ / _____ / _____ AUTHORIZED SIGNATURE _____ <small>(Required if using this order form and a credit card)</small>
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Description	Quantity	Unit Price	Total	A LA CARTE DIET FOOD ORDERS	Quantity	Unit Price	Total
STAFF USE ONLY				HMR SHAKES AND SOUP			
Healthy Solutions® Program Materials				HMR 120 Chocolate (12 serv.)		21.50	
HMR Healthy Shakes™ Program Materials				HMR 120 Vanilla (12 serv.)		21.50	
Healthy Sol. Weekly Progress Chart				HMR 70 Plus Chocolate (18 serv.)		38.50	
HMR Healthy Shakes Weekly Progress Chart				HMR 70 Plus Vanilla (18 serv.)		38.50	
Maintenance Weekly Summary Form				HMR 500 Chocolate (18 serv.)		36.50	
Your Best Strategies Card				HMR 500 Vanilla (18 serv.)		36.50	
				HMR 500 Chicken Soup (18 serv.)		36.50	
				HMR 800 Chocolate (18 serv.)		38.50	
				HMR 800 Vanilla (18 serv.)		38.50	
HMR AT HOME DIET KITS (See reverse for kit contents)				HMR ENTREES			
HEALTHY SOLUTIONS QUICK START™ DIET KIT (3-week kit)				Chicken Creole			
• Chocolate/Vanilla Mix		322.00		Chicken Pasta Parmesan		4.00	
• All Chocolate		322.00		Chicken with Barbecue Sauce		4.00	
• All Vanilla		322.00		Lasagna with Meat Sauce		4.00	
• Lactose-free Choc./Vanilla Mix		330.00		Mexican-Style Bean & Beef Enchiladas		4.00	
• Lactose-free All Chocolate		330.00		Savory Chicken		4.00	
• Lactose-free All Vanilla		330.00		Turkey Chili with Beans		4.00	
HMR HEALTHY SHAKES™ DIET KIT (2-week kit)				Vegetable Stew with Beef			
• Chocolate/Vanilla Mix		103.00		Cheese & Basil Ravioli <i>(Vegetarian)</i>		4.00	
• All Chocolate		103.00		Five-Bean Casserole <i>(Vegetarian)</i>		4.00	
• All Vanilla		103.00		Mushroom Risotto <i>(Vegetarian)</i>		4.00	
• Lactose-free Choc./Vanilla Mix		115.50		HOT CEREAL			
• Lactose-free All Chocolate		115.50		HMR Multigrain Cereal (18 serv.)		38.50	
• Lactose-free All Vanilla		115.50		BENEFIT® BARS			
KIT CLUB (Staff use only) Sign Up for Kit Club: <input type="checkbox"/> Yes <input type="checkbox"/> No Day of week (circle one): M T W TH F Date of first re-order: _____				Blueberry Bar (24 bars)		30.00	
				Chocolate Chocolate Bar (24 bars)		30.00	
				Honey Graham Bar (24 bars)		30.00	
				Peanut Butter Bar (24 bars)		30.00	
				SUBTOTAL			
				ADJUSTMENT (if applicable)			
				TAX (if applicable)			
				SHIPPING CHARGES			
				GRAND TOTAL			

Expedited Shipping: Yes No
 (see reverse for charges)



HMR at Home® Diet Kit Contents

Healthy Solutions Quick Start™ Diet Kit with complete program materials and 3 weeks of HMR diet foods			Ongoing Two-week Healthy Solutions® Diet Orders	
Shakes:	Standard Order	Lactose-free Order	Standard Order	Lactose-free Order
Vanilla/ Chocolate mix	3 cans HMR 120 Vanilla 2 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	2 boxes HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate	2 cans HMR 120 Vanilla 2 cans HMR 120 Chocolate	1 box HMR 70 Plus Vanilla 1-2 boxes HMR 70 Plus Chocolate
All Chocolate	5 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	4 boxes HMR 70 Plus Chocolate	4 cans HMR 120 Chocolate	2-3 boxes HMR 70 Plus Chocolate
All Vanilla	5 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	4 boxes HMR 70 Plus Vanilla	4 cans HMR 120 Vanilla	2-3 boxes HMR 70 Plus Vanilla
HMR Entrees	3 Chicken Creole 5 Chicken Pasta Parmesan 3 Chicken w/ Barbecue Sauce w/ Rice & Beans 5 Lasagna with Meat Sauce 3 Mexican-Style Bean & Beef Enchiladas 3 Savory Chicken 5 Turkey Chili with Beans 5 Vegetable Stew with Beef	5 Cheese & Basil Ravioli w/ Tomato Sauce 2 Five-Bean Casserole 5 Mushroom Risotto <i>Note: Entree selections can be customized if you have special dietary needs.</i>	3 Chicken Creole 3 Chicken Pasta Parmesan 2 Chicken w/ Barbecue Sauce w/ Rice & Beans 3 Lasagna with Meat Sauce 2 Mexican-Style Bean & Beef Enchiladas 2 Savory Chicken 3 Turkey Chili with Beans 3 Vegetable Stew with Beef	3 Cheese & Basil Ravioli w/ Tomato Sauce 2 Five-Bean Casserole 2 Mushroom Risotto <i>Note: Entree selections can be customized if you have special dietary needs.</i>

HMR Healthy Shakes™ Diet Kit with complete program materials and 2 weeks of HMR weight-loss shakes			Ongoing Two-week HMR Healthy Shakes Orders	
Shakes:	Standard Order	Lactose-free Order	Standard Order	Lactose-free Order
Vanilla/ Chocolate mix	2 cans HMR 120 Vanilla 1 can HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	1 box HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate	2 cans HMR 120 Vanilla 1 can HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	1 box HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate
All Chocolate	3 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	3 boxes HMR 70 Plus Chocolate	3 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	2-3 boxes HMR 70 Plus Chocolate
All Vanilla	3 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	3 boxes HMR 70 Plus Vanilla	3 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	2-3 boxes HMR 70 Plus Vanilla

Ordering Information

SAVE 10% ON YOUR ORDER AND GET FREE SHIPPING! To make sure that you don't run out of food and interrupt your weight-loss, we offer an automatic shipping service called the Kit Club. When you sign up for the Kit Club, you receive a 10% discount off your first 3-week Healthy Solutions® order and then receive automatic re-orders for as long as you're on the diet. You'll never run out of food, and you don't have to worry about placing orders. You also get free shipping on all your orders. Cancel at any time. Ask for details.

SHIPPING IN THE CONTINENTAL U.S. We ship most orders within 2 business days of receipt of your order. Most orders are shipped UPS ground from our distribution center in New York. Please allow 3-10 business days for delivery. Refer to chart below for charges.

EXPEDITED SHIPPING. Allow 3-5 business days for expedited delivery in the continental United States. Refer to chart below for charges.

SHIPPING OUTSIDE THE CONTINENTAL U.S. Different charges apply for shipments to Alaska, Hawaii, Puerto Rico, Virgin Islands, U.S. Territories, and APO/FPO boxes. Allow 3-5 business days for shipping to Alaska, Hawaii, and Puerto Rico. Allow 7-14 business days delivery to Virgin Islands, U.S. Territories, and APO/FPO boxes. Refer to chart below for charges. We regret that we cannot ship to foreign countries.

HOLIDAY SHIPPING SCHEDULE. To ensure timely delivery, please place your order one week prior to any national holiday.

SHIPPING & HANDLING CHARGES		EXPEDITED/OUTSIDE CONTINENTAL U.S. SHIPPING & HANDLING CHARGES	
Order value	Charge	Order value	Charge
Up to \$199.99	\$9.95	Up to \$150.00	\$ 25.00
\$200.00 and over	FREE	\$150.01-\$299.99	\$ 35.00
		\$300.00-\$499.99	\$ 50.00
		\$500.00 and over	\$100.00