Can I lose weight with the CHIP Program?
Yes, weight loss is one of the great benefits of this lifestyle change program. Participants, on average, have lost as much as 10 pounds in 7 weeks. But more importantly, these participants lower their risk for heart disease, Type 2 diabetes, some cancers, biventricular disease and other diseases strongly affected by their lifestyle choices.

Aren’t genes the most important factor in determining a person’s health?
According to the U.S. Surgeon General, genes account for only 10% of our health status. Medical care and environment each also account for 10%. Lifestyle choices are responsible for the remaining 70%—making them by far the No. 1 factor in determining our health.

Is CHIP just for people who already have had a heart attack?
The lifestyle changes suggested in the CHIP program can help prevent, arrest and even reverse heart disease, making it beneficial not only to people who have had a heart attack, but also those at risk for a heart attack and those who simply want to be proactive about their heart health. In addition, CHIP can help address and prevent many other lifestyle-related diseases.

Is CHIP a diet?
The CHIP Optimal Diet is one of four components of the CHIP lifestyle change program. Unlike fad diets, the CHIP Optimal Diet doesn’t require the counting of calories or carbs, eating a lot of one thing or depriving the body of food. It's a science-based eating plan that encourages consuming less processed, fatty, sugary, salty and high cholesterol foods and more "foods as grown," including whole grains, beans, fruits and vegetables. The other three equally important components of the program include getting consistent exercise, avoiding tobacco products, and developing a positive attitude and support system.

I heard CHIP requires people to give up meat. Is that true?
No. While CHIP encourages a plant-based diet, how much a participant cuts back on meat will depend on the individual’s preferences and goals.

Why should I spend money on CHIP?
Long-term, CHIP actually can help you save money by lowering your health care and prescription drug spending and giving you the priceless gift of a longer, higher quality life.