



# MANAGE YOUR WEIGHT: RESOURCES TO HELP

Do you need support maintaining or reaching a healthy weight?

## Blue Shield of California Members:

### Medical Group Programs

Talk to your medical group about what weight loss and nutrition programs they may offer face-to-face or over-the-phone.

### Diabetes Prevention Program

Make lasting lifestyle changes with the new Diabetes Prevention Program. Simply take a short quiz to find your risk level. If you are eligible, programs you can select may include: Weight Watchers, Healthslate, Jenny Craig, Noom, Retrofit, Skinny Gene Project, and more! Visit <https://www.solera4me.com/shield>. For more information, call 844.206.3730 or email [support@solera4me.com](mailto:support@solera4me.com)

### Over-the-phone

Behavioral counseling related to Healthy Diet, Physical Activity and Obesity is available if you have a chronic condition such as Diabetes, Coronary artery disease (CAD), Heart failure, Asthma, Chronic obstructive pulmonary disease (COPD). Please talk to your physician for more information. A nurse who will work closely with you one-on-one to answer your questions. Other features include in-person (where available) or online self-management workshops, self-management tools, interactive online tools and educational materials.

### Better Weight Management Track in the Daily Challenge

Better Weight is a condensed version of the Diabetes Prevention Program, a clinically proven program created by the U.S. Centers for Disease Control and Prevention. You'll do one Daily Challenge – a small action that helps you reach your goal – each day. You'll do each challenge with the same group of people for the entire program, so you can get support and celebrate your successes together! <http://myhss.org/well-being/dailychallenge.html>.

### Walkadoo

Walkadoo is a pedometer based program that makes walking fun and is for anyone who wants to be more active and lose weight. With custom step goals delivered daily, it's a whole new way to get more walking into your day. Use the website or the free app for iOS or Android to connect with the Walkadoo community, get support from other members, and reach new levels all along your Walkadoo journey. TRIO Subscribers are eligible to receive a FitBit Zip when they register for Walkadoo. To register go to [www.mywellvolution.com](http://www.mywellvolution.com)

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## Kaiser Permanente Members:

### Medical Weight Management Program

This program may be the answer if you have at least 40 pounds to lose. It can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The 82-week program features low-calorie meal replacements, medical monitoring by a team of Kaiser Permanente medical professionals, and weekly behavior change strategy sessions. Join us for a free, one-hour information session to find out more about this program. Open to the community. Dates/times: Go to [kphealthyweight.com](http://kphealthyweight.com) for orientation dates and times. Services and products described here are provided on a fee-for-service basis and are separate from and not covered under members' health plan benefits, and members are financially responsible to pay for them. For information go to [KP.org](http://KP.org) and search on the term "medical weight management".

### Request a Referral to an RD

Your physician may refer you for individual nutrition consultations for medical conditions that require dietary changes.

### Classes

Attend classes facilitated by registered dietitians and other qualified experts in behavior change and obesity, such as reading and understanding how to read a nutrition label, healthy grocery shopping, healthy eating and weight management. Go to [kp.org](http://kp.org) → Health & Wellness → Nutrition and recipes → Join a healthy eating class or call the Health Education department in your area.

### Over-the-phone

Partner with a wellness coach to create a customized plan that outline small, easy steps you can take to eat healthier or manage your weight. Schedule phone sessions at times that work for you. No referral is needed. Call us at (866) 862-4295 (Northern CA only). M-F 7am-7pm, Sat. (Northern CA only) 8:30am-5pm.

### Balance

Balance helps you get motivated, gain confidence, and overcome the challenges of losing weight. It offers resources such as exercise videos, goal-tracking tools, recipes, and more. The program also helps you address mind, body, and food issues that may be holding you back. More than 1 out of every 2 members who have taken the program report losing some weight.

### Online Resources

<https://mydoctor.kaiserpermanente.org/ncal/healthyweight/#/>

## United Healthcare Members:

### Real Appeal

Real Appeal can help you lose excess weight and reduce your risk of developing chronic conditions like diabetes and cardiovascular disease. This is a new benefit as of 2018 that comes with no additional cost to you. Go to [uhc.realappeal.com](http://uhc.realappeal.com) to determine if you are eligible for this program.

1. A personalized transformation coach for an entire year. The *Online Virtual Coaches* guide participants through the program, step by step, customizing it to fit their needs, personal preferences, goals and medical history.
2. 24/7 online support and mobile app.
3. A Success Kit.

All the gadgets participants need to help kick-start their weight loss and keep them going strong will be delivered to their door after they attend their first group coaching session. It includes these helpful tools:

- Personal blender, digital food scale, "perfect" portion plate
- Resistance band, exercise DVDs
- Electronic body weight scale,
- And more

Questions? Call 844-344-REAL or email [support@realappeal.com](mailto:support@realappeal.com).

### Rally

Rally, which is available to all UHC members, has information on maintaining a healthy weight. Login to [MyUHC.com](http://MyUHC.com) or through the Mobile App, and you can set up daily missions, including Eating Mindfully, exercising 30 minutes a day, and walking 5000 steps. Mark each mission complete once a day and earn Rally Coins. Rally can also track your Health Risk assessment including weight and Rally Age.

### Online

[www.uhc.com/health-and-wellness](http://www.uhc.com/health-and-wellness) contains articles on current topics, recipes including quick and healthy options, and online seminars for well-being.

### Discount Programs

The UnitedHealth Allies® health discount program helps you save 10 to 50 percent on a wide range of health- and wellness related products and services. Discounted services include: weight management, fitness gear, vitamins, digestive health, heart health, stress management and more! Login to [MyUHC.com](http://MyUHC.com) and link to UnitedHealth Allies. You may also visit [www.optumhealthallies.com](http://www.optumhealthallies.com). Access to a network of more than 150,000 health care professionals, facilities and retailers, including popular brands such as Jenny Craig®, Nutrisystem®, Anytime Fitness®, Snap Fitness and others.