

HEALTHY WEIGHT



**KAISER
PERMANENTE®**

Find the resources to help with a healthy weight offered to you because of you are a Kaiser Permanente member. Additional resources are available to you as a Health Service System member.



JOIN A WEIGHT MANAGEMENT PROGRAM: A small amount of weight loss, 5-10%, can have big impacts on reducing your blood pressure and your risk for other diseases.

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 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](https://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.

Online Resources

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

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 → 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.

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EAT HEALTHY: Practice portion control, plan meals and reduce eating out. Limit sugary beverages. Add more fruits and vegetables to naturally reduce calories.

Face-to-face: Find classes at 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 or schedule an appointment online

https://mydoctor.kaiserpermanente.org/ncal/applogin?callbackUrl=/ncal/protected/wellness_coach/booking.jsp

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Online: Nourish is a complimentary online program that can give you an in-depth look at your diet and help you make healthy food choices. 61 percent reported improving their nutrition habits. After completing a questionnaire about your daily eating habits, the program delivers a personalized plan for you based on your food preferences and eating patterns, health condition, special diet needs, weight goals, and activity level. Increase your energy, feel better, control your eating, and manage your weight for a healthier life. Go to www.kp.org/nourish to begin. Share your results with your physician.

Find articles, recipes, videos, and other resources on how to eat healthier, shopping and cooking, and tips for families and older adults at kp.org → Health & Wellness → Nutrition and recipes.

MOVE MORE: Increase your physical activity a little each day until you are active for at least 30 minutes on 5 or more days per week.

Fitness Center Discounts

ChooseHealthy Discount Program:

1. Go to www.choosehealthy.com or call 1-877-335-2746.
2. Select the "Find a Provider" tab
3. Select the drop down menu "Fitness Club" option.
4. Select your desired search criteria (zip code, State, by facility name) to find the nearest location.