

MORE WAYS TO REACH YOUR GOALS

Along with our multi-session programs, as a Kaiser Permanente member you have a variety of options to help you manage your weight.

Lifestyle and Weight Management

Successful weight loss requires more than just cutting calories. This one-session class teaches you how to make healthy choices that fit your lifestyle so you can lose weight and keep it off. Learn about other Kaiser Permanente programs for long-term support.

Wellness Coaching by Phone

Call **1-866-862-4295** to learn about our wellness coaching programs and see if an appointment with a coach is right for you. A wellness coach can give you strategies and resources to help you quit tobacco, eat healthy, get active, reduce stress, or manage your weight. Available to Kaiser Permanente members Monday through Friday, 6 a.m. to 7 p.m. (PT). *Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.*

Online program

HealthMedia® Balance® is a free, personalized online program that can help you get motivated, gain confidence, and overcome the challenges of losing weight. It features exercise videos, goal-tracking tools, recipes, and more. Go to kp.org/balance to get started.

Weight management support

Once you've lost the weight, maintaining your new healthy weight begins. Our weight maintenance program can give you information and support to eat healthy, stay active, and use your new lifestyle skills to stay on track and motivated. Sessions are typically one hour. The program is available for graduates of some of our weight loss programs. Contact your local facility for more information.

READY TO GET STARTED?

Join us for a free session to learn more. Call the facility closest to you and reserve your space.

Antelope Valley/Palmdale	661-533-7600
Baldwin Park	626-851-5820
Downey	562-622-4150
Fontana	909-609-3000
Kern County	661-664-3712
Los Angeles	323-783-4472
Orange County	1-888-988-2800
Panorama City	818-375-3096
Riverside	951-352-0292
San Diego Positive Choice	858-573-0090
San Diego Health Education	619-641-4194
South Bay	310-517-2940
West Los Angeles	323-298-3300
Woodland Hills	818-719-4305

Some services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of Southern California Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.

Photos show models, not actual patients.



ADULT WEIGHT MANAGEMENT PROGRAMS
KAISER PERMANENTE SOUTHERN CALIFORNIA

TRANSFORM

your habits
your health
your life

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SCPMG Regional Health Education
MH1530 (5/13)
kp.org

KAISER PERMANENTE®  thrive

Healthy WEIGHT LOSS

Losing weight is about more than just taking the pounds off. It's about changing your lifestyle to stay at a healthy weight. Losing weight the healthy way can help increase your energy, improve your self-esteem, and help you live life to its fullest.

You may have tried to lose weight before, or maybe you're considering it for the first time. No matter where you are on your weight loss journey, we can help.

LOSING WEIGHT THE HEALTHY WAY

If you've tried to lose weight, you probably know all too well that fad diets and quick fixes are not the answer. It's time for a real solution. Our programs, backed by Kaiser Permanente medical and weight loss professionals, can help you find long-term success, reduce your risk of serious health problems, and keep you feeling better about yourself.

With our multi-session weight loss programs, including meal replacements, you get the tools you need for weight loss, and you learn skills that can help change your habits for good.

Every multi-session weight loss program features:

- Recent scientific and research-based information.
- A team of Kaiser Permanente health care professionals.
- Weekly group sessions to help you develop a new, healthier relationship with food.

Medical Weight Loss Program

Lose weight rapidly and safely with low-calorie meal replacements, medical monitoring by a Kaiser Permanente health care team, and weekly health classes and support sessions.

- For those with a body mass index (BMI) of 30 or greater with 40 pounds or more to lose.
- Full meal replacement with medical monitoring and supervision.
- Provides 800 calories per day for most individuals during the active weight loss period.
- Weight loss averages 2 or more pounds per week.¹
- Weekly group sessions.
- Fee required. Payment plans may be available.
- Available at select medical centers.

Flexible Meal-Replacement Program

Using sensible meals, meal replacements, and weekly sessions in a supportive environment, our weight loss professionals help you develop new skills to keep you on track and motivated.

- For those with a body mass index (BMI) of 25 or greater with 10 pounds or more to lose.
- Provides 1,000 to 1,200 calories a day through a combination of meal-replacement products and balanced, sensible meals.
- Weight loss averages 1 to 2 pounds per week.¹
- Weekly group sessions.
- Fee required. Payment plans may be available.

12-Week Slim Down Program

Become healthier and lose weight through long-term lifestyle changes. You'll learn practical tools to eat healthier, keep exercising, shop smarter, manage emotional eating, and more.

- For those with 5 pounds or more to lose.
- Weight loss averages 1 pound per week.²
- Weekly group sessions.
- Fee required. Payment plans may be available.

PROVEN RESULTS

Our weight management programs are backed by research and are making a difference for our participants.

1 to 2 pounds per week
weight loss average
with meal-replacement programs¹

1 pound per week
weight loss average
with the 12-Week Slim Down Program²

Improved
blood pressure and other
medical conditions

Plus, your results become a part of your electronic health record, so your physician and health care team can be closely involved in your weight loss journey.

¹ From a study performed by Kaiser Permanente Research and Evaluation, Karen J. Coleman, PhD, April 2011.

² Based on the actual weights of 62 participants at program completion (as of June 2012).

