



# 2024 Weight Management Programs & Classes

(415) 833-3450  
sfhealthed@kp.org  
www.kp.org/sanfrancisco/healthed

2024 • SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

## Weight Management, Nutrition & Fitness Resources

### Telephonic Wellness Coaches

**1-866-251-4514**

Get the motivation and guidance you need to take an active role in your health. Whether you're trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your health coach can help you create a plan. You and your coach talk by phone at a time that's convenient for you.

**Fee:** No fee for members (members only)

### Individual Counseling

**415-833-3450**

Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.

**Fee:** No fee for members (members only)

### Personal Health Coaching

**415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

**Fee:** Rates vary based on service & package  
Available to members and nonmembers.

### Prediabetes Class (1 Session) *Online*

**415-833-3450**

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you to take charge of your health to reduce your risk of diabetes and its complications.

**Fee:** No fee for members (members only)

### Healthy Weight 1 Series (6 Sessions) *Online*

**415-833-3450**

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight.

**Fee:** No fee for members (members only)

### Medical Weight Management Program

**415-833-3808**

If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

**No referral required.** Available to members and nonmembers.



Online scheduling available for the  
Prediabetes Class &  
Healthy Weight 1 Series.

Scan the QR Code to schedule your class.



## Lifestyle Medicine Resources

### The Thrive Kitchen Class [Online](#) 415-833-3450

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

**Fee:** No Fee for members, \$20 for nonmembers

### Whole Food Plant Based Eating Class [Online](#) 415-833-3450

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best. Taught by Heather D'Eliso Gordon, RD.

**Fee:** No Fee for members, \$20 for nonmembers

### Lifestyle Medicine Program (previously Plant Strong Program) [Online](#) 415-833-3450

In this 12-week, online Lifestyle Medicine class, you'll learn how to eat Plant-Strong. This program aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best.

**Fee:** No Fee for members

## Visit Us Online

### [Eat Well, Be Active, Live Better Website](#)

Support and tips on losing weight, healthy eating, and exercise

### [Lifestyle Medicine Homepage](#)

Visit the Lifestyle Medicine homepage to find resources on how to take care of yourself in mind and body, and how to eat and cook plant-strong, with support from Kaiser Permanente's professional coaches and providers.

### [Healthy Cooking Videos](#)

Learn new recipes and cooking techniques with Dr. Linda Shiue, the Director of Culinary Medicine for Kaiser Permanente San Francisco.

### [Kaiser Permanente's Food for Health Blog](#)

Recipes and Meal planning with a Plant-Strong emphasis.

### [My Doctor Online](#)

Communicate with your Doctor Access online program, videos & Podcasts

### Kaiser Permanente Health Education Centers

**Address:** 2241 Geary Boulevard  
San Francisco, CA 94115 or  
1600 Owens Street  
San Francisco, CA 94158  
**Phone:** 415-833-3450

**Hours:** Monday—Friday 9a.m.—5 p.m.

**Email:** [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)

[Visit the Health Education Homepage](#)