

TRANSFORM

**your habits
your health
your life**

MEDICAL WEIGHT MANAGEMENT PROGRAM Kaiser Permanente

**Patient Information Packet
Redwood City Medical Center**

Email:

RedwoodCity-MWM@kp.org

Phone: (650) 299-4999

VISIT OUR WEBSITE:

kp.org/redwoodcity/weightmanagement



Medical Weight Management Program Details

Phase 1: Active Weight Loss (15 weeks)

To lose weight effectively, you'll replace your usual diet with low calorie meal replacement, including shakes and bars. About once a month, you'll receive checkups with our providers and lab tests to monitor your progress. In weekly group sessions, you'll learn behavioral skills necessary to maintain your weight long-term. You won't start meal replacement until week 2 of the program, because it takes time to prepare yourself and your environment for change.

Phase 2: Transition to Food (4 weeks)

Behavioral educators will teach you how to gradually add self-prepared foods back into your diet as you continue your weekly lifestyle-education sessions.

Phases 3 and 4: Lifestyle (52 weeks)

To maintain your weight long-term, you will participate in weekly group support sessions to help you stay on track.

For an overview of the Medical Weight Management Program, please visit our website at www.kphealthyweight.com.

Program Details

- The program is available to Kaiser Permanente members and non-members and is only for adults ages 18 years or older.
- You will sign up for a specific group and remain with that particular group for 30 weeks. After week 30, it is likely you will have a different facilitator, group and meeting time/day.
- Group meetings are offered one night a week (Wednesdays or Thursday). Attending your group sessions is mandatory because your success depends on your active participation.
 - You will be asked to arrive 45-60 minutes before your group session each week (or as scheduled by your physician) to allow time to check in with the medical staff, do lab work, and order and pay for your meal replacements.
 - You are expected to attend class regularly for at least the first 30 weeks. **Missing two consecutive classes may disqualify you from the program.** If you miss weeks 2 or 3 for any reason you will have to restart the program with a new class. Do not schedule vacations or business trips during the first 30 weeks.

Details on Fees

- There is no reimbursement for missed groups.
- MasterCard, Visa, and American Express, are accepted.
- All program fees are non-refundable after you start the program.

Details on Meal Replacement Product

- You will be required to purchase the minimum prescribed amount of meal replacement (usually 42 servings). You may not return or exchange it.
- You can purchase an extra week's worth of meal replacement (42 servings) to have available in case of an emergency.

Program Fees

Initial Health Assessment..... \$250

Fee includes initial assessment with Health Care Provider, initial fasting lab and EKG.

Weeks 1-20: Monthly Program Fee..... \$360/month

Fees include all medical monitoring, lab work, EKGs, group sessions, and program materials for the month. Meal replacement is not included.

Weeks 21-30: Monthly Program Fee \$280/month

Fee includes group sessions and program materials. Meal replacement products may be purchased during this phase for an additional fee.

Weeks 31-82: Monthly Program Feeincluded

Includes weekly group sessions.

Refund Policy: The \$250 Health Assessment deposit is non-refundable unless the physician or program manager deems you ineligible for the program, or you cancel or reschedule your Health Assessment one week prior to the date. Otherwise, all program fees are non-refundable.

Meal Replacement Fees

* Meal replacements start at week 2 of the program.

You are required to purchase the weekly prescription for the meal replacements. These

* costs are not included in the fees described above.

* Meal replacements are purchased weekly and cost is about \$90/week during weeks 2 through 16. Each meal replacement is priced differently, so your average cost may exceed \$90/week depending on which meal replacements you choose. Selecting soups or premade shakes will cost more (see prices on page 4).

* Basic program for weeks 2-16 consists of shakes and bars (960 calories). Your provider may recommend more calories per day; this is based on your BMI. After week 16, your weekly prescription will decrease by one serving each week. The cost will reflect this (see prices on page 4).

* You are not required to purchase any meal replacement after week 20. If you choose, you may purchase up to 3 meal replacements per day as long as you have completed week 30 of the program.

TRANSFORM your habits your health your life



KAISER PERMANENTE MEDICAL WEIGHT MANAGEMENT PROGRAM

Create positive, lasting results.

Kaiser Permanente Medical Weight Management Program may be the answer if you have at least 40 pounds to lose and want to make positive, lasting changes that will help you.

- improve your health
- increase your energy level
- get the most out of life

Invest in yourself—and a healthy future.

The cost for the entire 82-week program includes

- a comprehensive health assessment
- weekly behavioral sessions
- medical monitoring by a team of Kaiser Permanente medical professionals
- low-calorie meal replacements

The first 16 weeks of the program focus on weight loss, and weeks 17 through 30 emphasize transition and early maintenance. By then, most participants will have noticed substantial weight loss. You'll start planning your own meals again, and learn the tools you need to maintain long-term weight loss. In the remaining 52 weeks of the program, you'll have access to a program facilitator who will help you stay on track.

The potential return on this investment—your good health—is priceless. The total cost includes the classes, medical monitoring, and monthly program fees. There is an additional cost for meal replacements. Here is how the cost breaks down:

Program phase	Classes and medical monitoring monthly fee structure	Meal replacement* weekly fee structure
Health assessment	\$250 (one time fee) [†]	n/a
Active weight loss	(Weeks 1–16) \$360/month	Average \$95/wk* [‡] (see below)
Transition	(Weeks 17–20) \$360/month	Average \$50/wk*
Maintenance	(Weeks 21–30) \$280/month	n/a ^{††}
Lifestyle	(Weeks 31–82) Included	n/a ^{††}

* Price varies depending on meal replacement products ordered.

[†] The \$250 health assessment fee will be refunded if you do not medically qualify for the program.

[‡] Meal replacement starts week 2.

^{††} Not Applicable

A good deal for better health.

Our program can help you lose weight rapidly and safely—while encouraging good eating habits. The amount you'll spend on meal replacement may be offset by the amount you'd normally spend on groceries and dining out. For most Americans, that's about \$151 per week—more than you may spend on weekly meal replacements in our program. Take a look at the cost comparison:

Program phase	Weekly meal replacement cost	Average amount Americans spend weekly on food	Weekly savings
Active weight loss (Weeks 2–16)‡	Avg. \$95/wk*	\$151†	That's a savings of \$56 a week on food.

*Price varies depending on meal replacement products ordered.

†Source: Gallup Poll, 2012

Survey, <http://www.gallup.com/poll/156416/americans-spend-151-week-food-high-income-180.aspx>.

‡You may also save money during weeks 17 through 20, when you'll combine meal replacement with regular meals.

Call
(650) 299-4999
to find out more
about our
Medical Weight
Management
Program.

This time can be different.

Our Medical Weight Management Program has improved the health and quality of life of many Kaiser Permanente members and nonmembers. More than 16,000 members throughout Northern California are currently enrolled, and they're enjoying an average weight loss of 40 pounds by week 17 and continued weight loss throughout the 82-week program. Participants have also reported lower blood pressure and cholesterol, better control of diabetes, and relief from joint pain.

Save money with a health care spending account.

If you have a health care spending account, such as a flexible spending account (FSA) or a health savings account (HSA), you may be able to use it to help pay for the Kaiser Permanente Medical Weight Management Program. The classes and medical monitoring are FSA and HSA eligible. Meal replacement expenses cannot be reimbursed, and are not FSA and HSA eligible.

For information on taking advantage of an FSA or HSA, contact your employer's benefits administrator.

Services and products described here are provided on a fee-for-service basis. These services and products 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 The Permanente Medical Group, Inc. Results of services may 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 your health plan benefits. If you are a Kaiser Permanente member, please check your Evidence of Coverage for specific covered health plan benefit information. Photo of model shown, not actual patient.

Frequently Asked Questions

1. Are there physical benefits from losing weight besides just looking and feeling better?

Research has shown that a reduction of 5-10% in weight can have a positive impact on reducing hypertension, normalizing blood sugar levels, and lowering cholesterol for many people.

2. Is a 960-calorie diet medically safe?

When medically supervised, the use of meal replacement is safe and effective for weight loss.

3. While on the meal replacement program, will I feel weak or fatigued?

No. The meal replacement program is designed to prevent caloric deprivation, provide complete nutrition, and stimulate your body to derive most of your caloric needs from your body's fat stores. This process minimizes hunger and fatigue. Most of our patients tell us they don't feel hungry after 5-10 days on meal replacement. However, it doesn't mean you won't *want* to eat.

4. Is rapid weight loss bad for you?

Rapid weight loss using the meal replacements in combination with medical supervision is safe and healthy. On the other hand, rapid weight loss produced by un-supplemented fasting or fasting with inferior products *can* impair your health. Losing weight rapidly by using an inferior product or by un-supplemented fasting is achieved by the body partly using lean muscle tissue as a source of fuel. This not only jeopardizes your health but also makes weight maintenance difficult. The products are formulated to protect lean muscle mass and to use fat stores as fuel, thereby reducing the risks.

5. Will dieting cause my metabolic rate to slow down and make it harder to maintain my weight?

There is a small decrease in metabolic rate that occurs in major weight loss, regardless of the diet plan used. This decrease is temporary with the metabolic rate returning to normal as calories increase. This slight, temporary decrease in metabolic rate is not the cause of weight regain and has nothing to do with your ability to maintain a weight loss.

6. Are there negative side effects using a full meal replacement weight loss plan?

Most people using meal replacements experience only minor side effects, such as constipation. A small number of people experience minor and temporary hair thinning during the weight loss phase. In some cases, meal replacement can lead to an increase in uric acid levels. People with a history of gout are monitored carefully so that appropriate treatment can be initiated, if needed. If you are concerned with side effects or risks, please speak to one of our providers and ask to see a copy of the Informed Consent, which describes risks and side effects in more detail.

Medical Weight Management Frequently Asked Questions

7. Does using meal replacement cause gallstones?

Gallstones occur when the amount of cholesterol present in the gallbladder is greater than what can be dissolved into the bile. A high fat diet is the most common reason for passing such large amounts of cholesterol into the bile and is the primary cause of obesity; therefore, gallstones are almost always seen in people who are overweight.

Anyone losing weight does so by metabolizing their body fat. This results in increased cholesterol being passed into the bile, just like a high fat diet. This may either aggravate pre-existing gallstones or occasionally produce new ones. The risk of a gallstone attack during the weight loss phase remains surprisingly small.

Additionally, pancreatitis, an infection in the bile ducts, may be associated with gallstones. The symptoms of pancreatitis include pain in the left upper abdominal area, nausea, and fever. Pancreatitis may be brought on by binge-eating or consuming a large meal after a period of dieting.

8. Does the Medical Weight Management program offer treatment using medications?

This is not a medication-based program.

9. Once I lose my weight, what can I do to keep it off?

There are four crucial steps to successful weight maintenance. The stronger your commitment to each of these areas, the more likely you are to maintain your weight:

- Participate in group meetings for the full 82 weeks. Weigh-in each time you come.
- Keep an awareness of when and what you eat. This can be done most successfully by planning meals and snacks ahead of time or by keeping food records of what and how much you eat.
- Maintain some form of regular physical activity everyday.
- Eat within your calorie range most days of the week. We will work with you during the program to understand how many calories you need each day.
- Some people find it easier to maintain their weight loss if they use meal replacement on an ongoing basis as either a meal replacement for one meal a day such as breakfast or as their morning or afternoon snack.

10. What are potential roadblocks to joining the program?

The following might affect your ability to safely and successfully participate in this program. Please speak with the physician if you have concerns about any of the following:

- Younger than 18 years of age
- Pregnant (or plans to be within the year) or breast feeding
- Advanced liver or kidney disease
- Steroid therapy
- Active mental illness
- Unwilling to participate in physical activity
- Unable or unwilling to participate in weekly group sessions
- Unwilling to make lifestyle changes
- Drug and/or alcohol abuse