



STAYING HEALTHY WITH NUTRITION AND FITNESS

2021 HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

Weight Management, Nutrition & Fitness Resources

Healthy Weight 1 Online Series * (6 Sessions) 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. To participate, you will need a computer, internet connection, and a phone (landline or cell phone). (*members only*)

Fee: No fee for members

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 the answer for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

No referral required.

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. Available to members and non-members.

Fee: Rates vary based on service & package

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*)

To learn more, visit kphealthyweight.com Attend an orientation session; fees and program

The Thrive Kitchen 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 hands-on class. You'll learn to make globally inspired, seasonal cuisine. At the end of the class you'll enjoy the meal you've prepared. A different menu is offered each month. Available to members and non-members.

Fee: Call 415-833-3450 for more information

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: Free for members

* For Providers, resource is direct bookable via eConsult: San Francisco-Health Education

Your Health Online Shortcuts to better health at kp.org

Kp.org/healthyweight –

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

Kp.org/healthcoach –

Online health coaching programs

Kp.org/maintainweight –

Monthly online newsletters

Kp.org/healthylifestyles –

Personalized assessments and action plans for total health

Kp.org/mydoctor –

Select and communicate with your doctor
Access online program, videos, and Podcasts

DOWNLOAD our KP Preventative App today!
Visit us at: kp.org/sanfrancisco/healthed