

WEIGHT MANAGEMENT

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Health Education	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, diabetes care and stress management. In person, video, and phone appointments are available.	Health Education 408-851-3800
Nutrition Consultation	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food allergies, diabetes, obesity, high cholesterol, and high blood pressure. In person, video, and phone appointments are available for adults and children.	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514 kp.org/healthcoach

IN-PERSON CLASSES

Healthy Weight 1	Six sessions. Lose weight, develop healthy habits, and gain confidence. This in-person program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older) Classes offered at Santa Clara, Milpitas, Mountain View, and Campbell Medical Offices	Health Education 408-851-3800 Online registration available at kp.org/appointments
Healthy Weight 2	Nine sessions. For participants who have completed Health Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session in-person program. Previous participation in Healthy Weight 1 is strongly recommended but not required. Classes offered at Santa Clara, Milpitas, Mountain View, and Campbell Medical Offices	Health Education 408-851-3800 Online registration available at kp.org/appointments
Medical Weight Management	An 82-week program designed for patients with at least 40 lbs to lose (BMI >30). Program includes meal replacement, medical monitoring, and weekly group education sessions. Coordinated care with proven results using Physician-approved products.	www.kphealthyweight.com 408-851-3706

ONLINE RESOURCES

Healthy Weight Webinar	Six sessions. Learn how to achieve a healthy weight with this online version of our Healthy Weight class. Join this interactive class from the comfort of home.	Health Education 408-851-3800
Eat well, be active and live better	Create healthy habits using the tools found online. View videos, listen to podcasts, search recipes, learn how to shop for healthy foods, learn about exercise, how to make goals, and tips to keep weight off and more.	kp.org/mydoctor/healthyweight