

# 10 Great Reasons to Join

## the Kaiser Permanente Medical Weight Management Program

- 1 Proven results.** Participants lose an average of 40 pounds by week 17.<sup>1</sup> They often lower their blood pressure and cholesterol, and report better control of diabetes, a reduction in medications, reduced sleep apnea, and relief from joint pain.
- 2 Participant satisfaction.** With a satisfaction score of 90%,<sup>2</sup> you can be assured it's a program people enjoy. And 80% of participants stay through week 17.<sup>3</sup>
- 3 Safety is a priority.** Our physicians have carefully monitored over 11,000 participants in Northern California<sup>4</sup> so far.
- 4 Program length.** This program is 82 weeks long, with group sessions every week. Evidence shows the longer you're in a program, the longer you'll keep the weight off.<sup>5</sup>
- 5 Group support.** During the first 30 weeks, you'll meet with the same group of peers each week. Studies show that people do better in a group setting, even if they tend to prefer one-on-one meetings.<sup>6</sup>
- 6 Coordinated care.** If you're a Kaiser Permanente member, any Kaiser Permanente provider will be able to tell from your electronic health record that you're on a restricted calorie diet.

Individual results may vary.

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[kphealthyweight.com](http://kphealthyweight.com)

- 7 Long-Term behavior change.** Weight management doesn't have to be complicated. We'll teach you five simple, easy-to-implement SMART<sup>7</sup> skills to change your habits for good.
- 8 Limited time on meal replacement.** Full meal replacement is not a long-term solution to weight management. Behavioral skills keep the weight off. On average, our participants continue to lose weight after the meal replacement phase.<sup>8</sup>
- 9 Physician-approved products.** Our physicians choose the best products for our program, based on nutritional value, taste, safety, quality, and price.
- 10 A staff of highly trained professionals.** We have physicians, registered dietitians, and behavioral scientists who incorporate the latest research into the program. Our facilitators are regularly trained and coached by a behavioral scientist.

To find out more or attend  
a free orientation session, call  
**(866) 454-3480**  
or visit  
**kphealthyweight.com**

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.

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- <sup>1</sup> Based on actual weights of 2220 participants at week 17 (1/1/15-1/1/16).
  - <sup>2</sup> Based on surveys of current participants at week 28 of the program (6/30/15).
  - <sup>3</sup> Based on internal Kaiser Permanente data at week 17 retention rate of 2220 participants starting the program (1/1/15-1/1/16).
  - <sup>4</sup> Actual number of participants starting the program in Northern California completed week 17.
  - <sup>5</sup> Perri, et al., 2001, *Journal of Consulting and Clinical Psychology*, 69(4), 722-726.
  - <sup>6</sup> Perri, et al., 2001, *Journal of Consulting and Clinical Psychology*, 69(4), 722-726.
  - <sup>7</sup> SMART stands for Set a goal, Monitor your progress, Arrange your world for success, Recruit a support team, and Treat yourself. © by Joshua C. Klapow, PhD. and Sheri D. Pruitt, PhD. All rights reserved.
  - <sup>8</sup> On average participants lost an additional 7.7 lbs from week 17 to week 30; after the full meal replacement phase.