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. 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%, you can be assured it’s a program people enjoy. And 80% of participants stay through week 17.

3 Safety is a priority. Our physicians have carefully monitored over 11,000 participants in Northern California 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.

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.

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.
7 **Long-Term behavior change.** Weight management doesn’t have to be complicated. We’ll teach you five simple, easy-to-implement SMART\(^7\) 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.\(^8\)

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

---

1 Based on actual weights of 2220 participants at week 17 (1/1/15-1/1/16).
2 Based on surveys of current participants at week 28 of the program (6/30/15).
3 Based on internal Kaiser Permanente data at week 17 retention rate of 2220 participants starting the program (1/1/15-1/1/16).
4 Actual number of participants starting the program in Northern California completed week 17.
7 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.
8 On average participants lost an additional 7.7 lbs from week 17 to week 30; after the full meal replacement phase.

---

Please recycle. This material was produced from eco-responsible resources. Member and Marketing Communications - Revised 5/2016.