

10 Great Reasons to Join the Kaiser Permanente Medical Weight Management Program

1 Proven Results

Participants lose an average of 40 pounds by week 17.¹ 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%,² you can be assured it's a program people enjoy. And 80% of participants stay through week 17.³

3 Safety is a Priority

Our physicians have carefully monitored over 11,000 participants in Northern California⁴ 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

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

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.

7 Long-Term Behavior Change

Weight management doesn't have to be complicated. We'll teach you five simple, easy-to-implement SMART⁷ 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 loose 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.

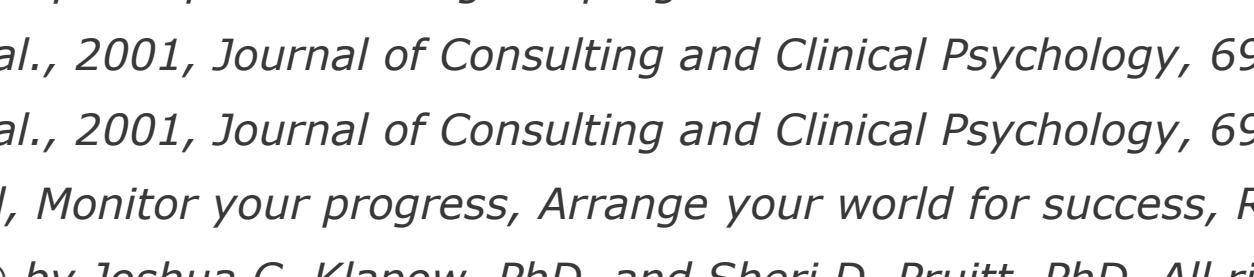
10 A staff of Highly Trained Professionals

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



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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.

⁵ Perri, et al., 2001, *Journal of Consulting and Clinical Psychology*, 69(4), 722-726.

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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.