

# 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 91%,<sup>2</sup> you can be assured it's a program people enjoy. And 78% of participants stay through week 17.<sup>3</sup>
- 3 Safety is a priority.** Our physicians have carefully monitored over 22,000 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.

- 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**

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- 1 Based on actual weights of 1998 participants at week 17 (1/1/18-12/31/18).
  - 2 Based on surveys of current participants at week 28 of the program (6/30/18).
  - 3 Based on internal Kaiser Permanente data at week 17 retention rate of 1998 participants starting the program (1/1/18-12/31/18).
  - 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.
  - 6 Perri, et al., 2001, *Journal of Consulting and Clinical Psychology*, 69(4), 722-726.
  - 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 8.1 lbs from week 17 to week 30; after the full meal replacement phase.