



Lose weight. Save money.

Use your flexible spending account to help pay for the Kaiser Permanente Medical Weight Management Program.*

If your employer offers a flexible spending account (FSA), sign up during your employer's upcoming open enrollment period. An FSA allows you to set aside pretax dollars from your paycheck to pay for eligible health care expenses. You can save money by lowering your taxable income.†

Healthy change.

- If you plan to join a Medical Weight Management Program in 2010, sign up for an FSA during the 2009 enrollment period.
- All payments for the program must be made within the 2010 calendar year in order for your expenses to be eligible for reimbursement.
- To be reimbursed tax-free from your FSA, file your claims with your benefits administrator by December 31, 2010 (or later, if permitted under your employer's plan).

For more information on your employer's FSA program, contact your benefits administrator.

Transform your health.

If you have at least 40 pounds to lose, the Kaiser Permanente Medical Weight Management Program may be the answer for you. To sign up for a free orientation session or to learn more, call us toll free at **1-866-454-3480** or visit **kphealthyweight.com**.

We offer programs in the following locations:

Central Valley	(209) 824-6203
Fremont	(510) 248-7731
Martinez	(925) 295-7795
Oakland	(510) 752-2399
Pleasanton	(925) 295-7795
Sacramento	(916) 614-4018
San Jose	(408) 363-4545
Santa Clara	(408) 851-3706
South Sacramento	(916) 478-5125

*Classes and medical supervision are FSA-eligible. Meal replacement expenses cannot be reimbursed.

†The amount of your tax savings is determined by your income level. Check with your tax adviser for details.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., 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 vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., 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 Kaiser Foundation Health Plan, Inc. If you are a Kaiser Foundation Health Plan member, please check your *Evidence of Coverage*.

Photo of model shown, not actual patient.