



# Managing Your Weight

## Lifestyle & Weight Management

Feel better and enjoy a more positive self image as you develop a healthier lifestyle. This in-depth program is designed to help participants improve their health through permanent lifestyle changes. It provides guidance and support for physical activity, healthy eating, stress management, communication skills, and strategies for maintaining progress. **Locations:** Napa, Vacaville & Vallejo. **Fee:** Members \$96, Nonmembers \$150.

## Weight Loss Surgery: Preparing for Success

Find out what it takes to successfully lose weight after surgery. This class will cover the risks and benefits of surgery itself and focus on what it takes to maintain weight loss long-term. Determine how ready you are to make radical changes to the way you live. This class is a required first step for anyone interested in a referral for weight loss surgery. **Locations:** Fairfield, Vacaville & Vallejo. **Fee:** No fee\*.

## Body Composition Testing

Find out how much lean body mass and body fat you have. Our testing procedure does not require pinching skin folds or removing clothing. **Locations:** Vacaville & Vallejo. **Fee:** \$15.

Please call Health Education to register.

### Vallejo

707.651.2692

Email us at: [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org)

### Napa

707.258.4490

Vacaville 707.624.2225

### Fairfield

707.427.4466

Find us on the web: [www.kp.org/napasolano](http://www.kp.org/napasolano)



Connect with us on Twitter: [twitter.com/kphealth](https://twitter.com/kphealth)

**mind. body. life. THRIVE.**  
NAPA SOLANO HEALTH EDUCATION

\*Program fees are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan."



# Managing Your Weight

## WebCare for Weight Management

This is a self-directed, online program developed by Kaiser Permanente experts. The program is personalized to your individual goals and lifestyle, and connects to trusted Kaiser Permanente information and resources. With WebCare you can track meals and snacks, exercise, weight and overall progress, as well as link to information on healthy living. To access WebCare, go to [kp.org/mydoctor](http://kp.org/mydoctor) and search for your health care provider's homepage. You will see the link to WebCare link in the left navigation bar.

## 10,000 Steps®

This program is designed to help you increase your physical activity level and work toward a goal of walking 10,000 steps each day. We've contracted with HealthPartners to bring you the program and the pedometer at a discount to our members. [kp.org/10,000steps](http://kp.org/10,000steps)

## Choosehealthy

Receive discounts and preferred rates on services and products such as fitness clubs and health products. [kp.org/choosehealthy](http://kp.org/choosehealthy)

Please call Health Education to for assistance or to register for our classes.

### Vallejo

707.651.2692

Email us at: [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org) Find us on the web: [www.kp.org/napasolano](http://www.kp.org/napasolano)

### Napa

707.258.4490

### Vacaville 707.624.2225

### Fairfield

707.427.4466



Connect with us on Twitter: [twitter.com/kphealth](https://twitter.com/kphealth)

**mind. body. life. THRIVE.**  
NAPA SOLANO HEALTH EDUCATION

\*Program fees are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan."