




WEIGHT MANAGEMENT

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Health Education	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, diabetes care, and stress management.	Health Education 408-851-3800
Nutrition Consultation	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food allergies, diabetes, obesity, high cholesterol, and high blood pressure	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514

ONLINE CLASSES

Weight Management @ KP	One 1-hour session. This class is for members who are interested in learning more about Kaiser Permanente services for weight loss. This class also covers how healthy eating, exercise, stress management and sleep impact weight loss.	Health Education 408-851-3800
Healthy Weight 1	Six 2-hour sessions. Lose weight, develop healthy habits, and gain confidence. This program covers the latest weight loss research, plus ways to maintain a healthy weight.	Health Education 408-851-3800 Register at kp.org/appointments
Healthy Weight 2	Nine 1.5-hour sessions. For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session program.	
Whole Food Plant Based Eating	One 2-hour session. In this class, you'll learn about the benefits of fueling your body with nutritious and delicious whole plant-based foods and filling your plate with healthy choices.	
Cook for Health: Plant-Based Cooking	Physician-led cooking class for those who are interested in implementing a plant-centered way of eating and those who could benefit from lowering chronic disease risk. South Asian class available.	
Healthy Habits for Life: Eat Better, Sleep More, Stress Less and Connect	Six 2-hour sessions. For patients that are eagerly looking to improve their wellness habits by setting weekly SMART goals and engaging in group conversations. Covers healthy eating, physical exercise, sleep, avoiding risky substances, reducing stress, and connecting with others.	Health Education 408-851-3800
Transform	An 82-week program designed for patients with at least 40 lbs to lose (BMI >30). Program includes meal replacement, medical monitoring, and weekly group education sessions. Coordinated care with proven results using Physician-approved products.	408-851-3706 www.kphealthyweight.com

ONLINE RESOURCES

Eat well, be active and live better	Create healthy habits using the tools found online. View videos, listen to podcasts, search recipes, learn how to shop for healthy foods, learn about exercise, how to make goals, and tips to keep weight off, and more.	kp.org/mydoctor/healthyweight
Wellness	Take time for self-care. Explore our broad range of self-care resources – including apps, audio activities, articles, and more- designed to help you thrive in mind, body, and spirit.	kp.org/selfcareapps
Fitness Deals	Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes — available for Kaiser Permanente members.	Kp.org/fitdeals/ncal