



Healthy Weight Resources

We have many resources to help you meet your weight loss goals and be your healthiest.

Choose what works for you—from online tools and classes to meeting individually with a trained wellness coach or clinical health educator.

Online tools

Eat well, be active, live better

Get practical tips on making healthy lifestyle changes including:

- Choosing healthy foods
- Fitting physical activity into busy days
- Keeping weight off



Visit: kpdoc.org/healthyweight

Healthy lifestyle programs

Create a personalized action plan to be active, lose weight, eat healthier, and more.



Start a program: kp.org/healthylifestyle

Online workouts

Start moving at any fitness level with thousands of video and audio workouts, or livestream classes at ClassPass.



Find a fitness class: kp.org/classpass

Health education classes

Enroll in one of our classes:

Healthy Weight 1. A 6-session online program that covers the latest weight loss research, ways to lose weight, develop healthy habits, gain confidence, and maintain a healthy weight (for members 18 and older).

Healthy Weight 2. For participants who've completed Healthy Weight 1. This 9-session online program helps you build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance (for members 18 and older).

Contact your local Health Education Department: kpdoc.org/healtheducation

Individual health education counseling

Meet with a clinical health educator by video, phone, or in person. Your tailored session may include topics such as:

- Eating healthy
- Swapping out sugary beverages
- Increasing physical activity
- Managing your relationship with food

Contact your local Health Education Department: kpdoc.org/healtheducation

Wellness coaching

Our wellness coaches can help you achieve your health goals—at no additional cost to members.

You can speak with a coach by phone for 6 sessions to help you:

- Lose weight
- Eat healthier
- Start exercising
- Quit tobacco
- Sleep better
- Reduce stress

Visit kpdoc.org/wellnesscoaching or call 866-251-4514.

Lifestyle medicine resources

See the health benefits of eating a whole-food, plant-based diet. Visit our Lifestyle Medicine health guide:

kpdoc.org/lifestylemedicine (English)

kpdoc.org/lifestylemedicinespanol (Spanish)

Medical weight management

Talk to your doctor to see if low-calorie meal replacements, medical monitoring, and weekly group sessions are right for you.

For more information, including an online orientation, visit kphealthyweight.com or call (866) 454-3480.

Medication

Medication works best along with healthy lifestyle changes. Talk with your doctor to find out if medication is an option for you.

Bariatric surgery

If you have certain health conditions, weight loss surgery along with healthy lifestyle changes may be an option. Talk to your doctor.

Visit kp.org/ncalbariatricsurgery for more information.



This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only. Some photos may include models and not actual patients.

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