

Medical Weight Management Program

Kaiser Permanente
Oakland
(510) 752-2399

- Low-calorie meal replacements
- Medical monitoring
- Weekly group sessions

Find out more!

Join us for a free, one-hour information session. Call today to learn more or to reserve your space:

(510) 752-2399

- Learn about the program
- Meet our team
- Find out if you may be a good candidate for the program



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. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Photo(s) of model(s) shown, not actual patient(s).



The Kaiser Permanente Medical Weight Management program promotes safe, rapid weight loss to help:

- Improve your health
- Increase your energy
- Enhance your overall quality of life

Change That Lasts

Kaiser Permanente's Medical Weight Management program is a serious, health-conscious solution for managing your weight—a solution that treats the whole you, not just your weight. If you've already tried various diets that didn't work for you, and have at least 40 pounds to lose, you may be a good candidate for our Medical Weight Management program.

You will have access to a program designed to help you lose weight—and achieve change that lasts. Through group support; medical supervision; a low-calorie diet; and education in lifestyle modification, nutrition, and exercise, you soon can be on the road to better health and vitality, with professionals to help you every step of the way.



A Four-Phase Program

Phase 1: Weight Loss (16 weeks)

To lose weight effectively, you'll replace your usual diet with Optifast® meal replacement formulas. You'll also receive periodic checkups and lab tests by a physician, to monitor your program participation and progress. In weekly group sessions, you'll learn behavioral skills necessary to maintain your proper weight long-term.

Phase 2: Transition to Food (4 weeks)

Behavioral educators will teach you how to gradually add self-prepared foods back into your diet as you continue your weekly lifestyle-education sessions.

Phases 3 and 4: Maintenance and Long-Term Support (ongoing)

To maintain your weight long-term, you'll receive ongoing customized support from your personal weight coach. Plus, you can participate in monthly group support sessions to help you stay on track.

Weight Management That's Effective and Safe

Our Medical Weight Management program combines the expertise of The Permanente Medical Group and the Optifast® meal replacement system to help you lose weight rapidly and safely. And you'll receive the same high-quality care and service you expect from Kaiser Permanente for all your health needs.

Optifast® has been helping people lose weight for over 30 years. The healthy shakes and bars have shown to aid in a 1–3 pound average weekly weight loss,* and they contain 100 percent of the nutrition you need.

The competitively priced program includes the cost of all meal replacements, group sessions, lab tests, and physician checkups. This program is not covered under Kaiser Foundation Health Plan benefits.

*Based on an OPTIFAST study of over 600 patients in a 26-week program. Individual results may vary.