

# Living with **WEIGHT MANAGEMENT**



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## Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage their weight.

Although your health depends on more than just your weight, being overweight puts you at risk for developing conditions such as heart disease, stroke, type 2 diabetes, and back and joint problems. It also makes it harder to keep these conditions under control if you already have them. That's why we have numerous resources in place to help you manage your weight and feel your best.

### Managing your weight

Our specialized care program for weight management is designed to help you work closely with your health care professional to ensure that you get the care that's right for you.

If you're overweight, you don't have to feel overwhelmed. Small weight losses can make a big difference in your health. And by working at your own pace and focusing on small goals, you're much more likely to get lasting results over time. That's why our programs are designed to help you make gradual, healthy lifestyle changes you can stick with.

We can help you get moving by finding activities you enjoy, and help you choose healthy, balanced meals with plenty of variety and satisfying amounts of food.

Our integrated approach to weight management includes:

- ▶ Evidence-based guidelines for weight management to help your physician provide high-quality, proven, and appropriate care.
- ▶ A method for tracking your body mass index built right into Kaiser Permanente's state-of-the-art electronic records system.
- ▶ Participation in groups with other members, educators, and experts.
- ▶ Programs for counseling on diet and weight management and safely increasing your physical activity. Programs are also available for counseling on smoking cessation and stress management.
- ▶ Information about weight management provided as a featured health topic on **kp.org**, plus many more online tools and resources, all available 24 hours a day.

### To learn more about weight management

Visit **kp.org/weight** or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

[kp.org/weight](http://kp.org/weight)

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at [kp.org](http://kp.org) or call us at one of the numbers below.

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### California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

**1-800-464-4000** English, Tagalog, Vietnamese

**1-800-788-0616** Spanish

**1-800-757-7585** Chinese dialects

**1-800-777-1256** English (Coachella Valley members only)

**1-800-777-1370** (TTY)

### Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

**1-888-681-7878**

**1-800-521-4874** (TTY)

### Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

**(303) 338-3800** Denver metro area

**1-800-632-9700** From other areas

**(303) 338-3820** or **1-800-659-3656** (TTY)

### Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

**(404) 261-2590**

**1-888-865-5813** Outside of Atlanta

**1-800-255-0056** (TTY)

### Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

**(808) 432-5955** Oahu

**1-800-966-5955** Neighbor Islands

**1-877-447-5990** (TTY)

### Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

**(301) 468-6000** Inside metro Washington, DC

**1-800-777-7902** Outside metro Washington, DC

**(301) 879-6380** (TTY)

### Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

**(503) 813-2000** Portland area

**1-800-813-2000** All other areas

**1-800-735-2900** (TTY)

**1-800-324-8010** Language interpretation

### Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

**1-800-686-7100**

**1-877-676-6677** (TTY)

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Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
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Kaiser Foundation Health Plan of Georgia, Inc.  
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305  
(404) 364-7000

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500 NE Multnomah St., Portland, OR 97232