



You can do it!  
We can help.

Weight Management Program  
Positive Choice Integrative Wellness Center



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Since 1981, the Positive Choice Integrative Wellness Center has had the great opportunity to help tens of thousands of people achieve significant weight loss, fitness, and improved health. This experience has allowed us to create some of the most comprehensive weight management programs available in the nation today.

You may wonder what the years have taught us about weight loss and how we have incorporated this knowledge into our programs. In general, it takes these components for long-term successful weight loss and maintenance.

- An awareness of eating habits and a healthy, balanced food plan.
- A non-judgmental and encouraging support network.
- An opportunity to develop new skills and problem solve.
- A moderate and consistent exercise routine and active lifestyle.
- An awareness of the situations that stimulate overeating and development of skills to cope with life rather than to eat in response to it.
- Long-term maintenance support.

We recognize individual needs for weight loss and we accommodate those needs by providing several different programs and weight loss food plans.

Please read this booklet to better understand the choices available at the Positive Choice Integrative Wellness Center.

We hope you will choose one of our weight management programs. We look forward to working with you.



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Stay connected, follow us on Facebook, Twitter, or Instagram. We do weekly health blogs, send out notice about our free wellness seminars, exercise classes, new program offerings, and Facebook live Nutrition/Fitness Virtual Forum. **[positivechoice.org](http://positivechoice.org)**

**Revised: 9/26/2019**



# WEIGHT LOSS SUPPORT OPTIONS

## NUTRITION/FITNESS FORUM

Walk-in question and answer sessions with a fitness/nutrition expert are available to you at several Kaiser Permanente locations. These walk-in sessions are a great tool for weight loss, healthy eating, and fine-tuning your workout routines. There is no fee for this service, and everyone is welcome. You do not need to be a health plan member to participate.

**Positive Choice Integrative Wellness Center | 5893 Copley Drive, 6<sup>TH</sup> Floor, San Diego, CA 92111**  
Mondays thru Thursdays, 5 to 5:30 pm; Tuesdays 11:45 am to 12:15 pm

**San Marcos Kaiser Permanente | Building 4, Room C**  
1st and 3rd Thursday of the month, 6 to 6:30 pm

**Otay Mesa Kaiser Permanente | Building 4, Room 4**  
Mondays 5 to 5:30 pm

## Nutrition/Fitness Podcast |

Live on Facebook on Thursdays. Connect with our team live on Thursday noon to 12:30 pm. Or if you miss the live forum you can watch the forum later in your Facebook feed.

## WELLNESS COACHING BY PHONE

Work with a live coach over the phone on a specific health goal in the convenience of your home. Choose to work on *losing weight, eating healthy, managing stress, getting active, or quitting tobacco*. No fee. Available only to members of the Kaiser Permanente health plan. Call to get started, (866) 862-4295.

## MOM'S MEALS NOURISHCARE®

Fresh meals delivered in a cooler to your door. Over 80 entrees to choose from. Includes vegan, vegetarian, gluten free, diabetic friendly, cancer support, low sodium, and heart friendly options. The diabetic meals are typically 500 calories per meal and depending on the person this may be a fit with the food plans used in the H.E.A.T. or Healthy Balance Full Food Program. Kaiser Permanente members receive discounted price and free shipping.

Kaiser Members visit [MomsMealsNC.com](http://MomsMealsNC.com) or call (888) 860-9424.

Non-members call (877) 508-6667 or visit [MomsMeals.com](http://MomsMeals.com).

## SECA BODY COMPOSITION ANALYSIS

The SECA Body Composition Analyzer measures body composition using many frequencies of electro-magnetic waves that allow for accurate body composition measurement equal in accuracy to the gold standard of DEXA hydrostatic weighing. The best part is you don't have to undress, and the test takes only 20 seconds.

In addition to determining with accuracy your muscle mass, body fat, and body water composition, the SECA analyzer also indicates the muscle strength in each of your limbs, and whether you are properly hydrated or holding water, estimates your daily caloric needs, and gives a measure on overall cellular health – a strong indicator of health status.

SECA Testing and explanation of results. \$55  
(\$150 when purchasing a package of 3)

\$95 if you would like to include an Exercise/Nutrition Consult with the testing.



## H.E.A.T. — HEALTHY EATING AND TRAINING

H.E.A.T. begins with a one-hour, individual appointment with a Counselor who has a master's degree in Nutrition and Exercise Physiology. The initial appointment includes an assessment of your goals and preferences, fitness assessment, and a SECA Body Composition measurement of body fat/muscle mass/water content. You then work with your trainer to develop a personalized weight loss food and fitness plan. This appointment is then followed by four, 45-minute personal training, nutrition education, and wellness coaching sessions which are customized to your preferences. Your final coaching session includes a post-SECA Body Composition test.

You have the option of including in your food plan one or two OPTIFAST 800® meal replacements per day. The fee for the meal replacements is separate (one box of OPTIFAST 800, 7 servings, is \$22.)

H.E.A.T. \$425

Includes Initial consult, pre and post Body Composition testing, 4 personalized training sessions.



# HEALTHY BALANCE – FULL FOOD WEIGHT MANAGEMENT PROGRAM



Lose weight on a food plan that focuses on choosing nutrient-dense foods, cleansing vegetables, high quality proteins, low glycemic fruits, probiotics, healthy fats and high fiber grains and beans.

In this 16-session program. You meet weekly in a group setting and learn proper meal timing, as well as the pairing of different foods that help manage blood sugar levels and avoid the feelings of intense physical hunger that can lead to over eating and poor food choices. The week-by-week plan guides you each step of the way until you reach your personal weight loss goal.

The weekly group sessions include practice of relaxation, meditation, and mindful eating activities that will help you regain your natural intuitive ability to recognize real hunger versus unnecessary *triggered* hunger. Exercise is incorporated into each class session and focuses on strength training and building muscle as this is key to stimulating your metabolism and enhancing daily calorie burn.

Programs are available at a variety of Kaiser Permanente medical buildings in North County, East County, Central San Diego and South Bay. Programs in Spanish are available at limited locations.

You do not need to come to an Information Session or complete a medical clearance appointment to enroll. **Call the Positive Choice Integrative Wellness Center at (858) 616-5600 to enroll.**

Kaiser Permanente Member .....No Charge  
Non-Member .....\$160

# PARTIAL MEAL REPLACEMENT

## Weight Management Program

### Partial Fast Food Plan 1100-1400 calories per day



- Small servings of food combined with four meal replacements spaced throughout the day (approximately 1100 - 1400 calories daily).
- OPTIFAST 800 meal replacement come in vanilla, chocolate, or strawberry shakes, chicken or tomato soups, and chocolate, peanut butter chocolate and apple cinnamon bars.
- 18-session medically supervised program. Weekly group meetings are 1 ½ hrs.
- Average weekly weight loss for men is two to three pounds, for women it is one to two pounds.
- Group sessions focus on nutrition, education, and behavior modification. Exercise is included in all sessions.
- You must have a BMI of 25 or greater to participate in the Partial Meal Replacement.
- **People with Type 2 diabetes cannot do a Partial Meal Replacement.**
- Enrollment requires the completion of two appointments:  
**Part 1 Pre-Program Lab work**  
Members can go to any KP lab, non-members must have their labs done at the Positive Choice Integrative Wellness Center.  
**Part 2 – Medical Clearance and Enrollment Consult** available only at the Positive Choice Integrative Wellness Center in Clairemont.
- Must be 18 years or older to participate.
- To get started in the Partial Meal Replacement Program attend a Weight Program Information Session. Call 858-616-5600 to schedule. Dates, times, and location of Information Sessions may be viewed online at [positivechoice.org](http://positivechoice.org) under the calendar section.
- Once you have attended an Information session and decide to enroll, we will order pre-program lab-work for you. You will receive notification when you may proceed to the appropriate KP lab to complete your pre-program labs. This usually takes 1-3 business days.
- When we receive the lab results, we will telephone you to schedule your 90-minute Part-2 Medical Clearance and Enrollment Consult.

## PARTIAL MEAL REPLACEMENT PROGRAM FEES

KAISER MEMBER		NON-MEMBER
Lab Co-pay	<b>PART 1 PRE-PROGRAM LAB WORK</b>	\$342
\$220 Plus Provider Co-pay	<b>PART 2 MEDICAL CLEARANCE and ENROLLMENT CONSULT</b> Part-2 includes EKG and consult with medical provider. Enrollment Consult includes pre and post-program body measurements and photos, post-weight loss body fat test, program materials, and enrollment in your group.	\$220
\$575	<b>18-SESSION PROGRAM FEE</b> Includes medical monitoring and Program. Fee is paid in two installments. \$330 at session 1 and \$245 at session 5.	\$575
Lab Co-pay	<b>LAB WORK</b> Blood work is required every 3 weeks (Session 3, 6, 9, 12, 15). Depending on individual medical histories, additional lab work could be required. Program participants are responsible for additional lab work fees. Average costs for non-Kaiser members per lab draw are \$20 to \$40	\$20-\$40
\$70/week	<b>WEEKLY MEAL REPLACEMENTS</b> Meal Replacements begin in Week 2 and are required until session 10. After week 10, Meal replacements are optional.	\$70/week

All fees are non-refundable. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.

# FULL AND MODIFIED MEAL REPLACEMENT WEIGHT MANAGEMENT PROGRAM

Full Fast Food Plan  
500-800 calories per day



Modified Full Fast Food Plan  
700 - 1000 calories per day



**Full Meal Replacement** — Lose weight on five meal replacements daily. Two brands of meal replacements are available, NutriMed® which is 500 calories/day or OPTIFAST 800® which is 800 calories/day. This food plan requires you to have a body mass index (BMI) of at least 30 (about 40 pounds to lose) to qualify.

**Modified Full Meal Replacement** — Combines five daily meal replacements (NutriMed or OPTIFAST 800) with approximately 190 calories of lean protein and vegetables. You must have a BMI of at least 28 (approximately 30 pounds or more to lose) and the medical staff's determination to qualify for the modified meal replacement.

- The meal replacements provide complete nutrition and allow for safe, rapid weight loss while minimizing fatigue or hunger.
- NutriMed flavors include vanilla, chocolate, mocha, wild berry, creamy tomato, and chicken soup. OPTIFAST 800 flavors include: vanilla, chocolate, strawberry, chicken and tomato soup, and bars in chocolate, peanut butter chocolate and apple cinnamon.
- A daily fiber supplement is encouraged. Additional potassium supplement may be required.
- The average weekly weight loss is two to five pounds.
- **The Full or Modified Full Meal Replacement Programs are not an option for those with type1 diabetes or pregnant/breastfeeding women.**
- **A Partial or Modified Meal Replacement Programs are not an option for people with type 2 diabetes, but they can participate in the Healthy Balance Full Food Program or the Full Meal Replacement Program. The Full Meal Replacement is the recommended plan for people with diabetes.**

- Participation requires a Medical Clearance and Enrollment Consult. These appointments are available only at the Positive Choice Integrative Wellness Center, 5893 Copley Drive, 6<sup>th</sup> Floor, Garfield Specialty Center, San Diego CA 92111
- In the Full/Modified Meal Replacement Weight Management Program you attend weekly, two-hour group meetings (required) as you lose your weight.
- The program is approximately 20 long with additional sessions available, if needed, to meet your goal weight. All sessions include light exercise and movement.
- A significant challenge to long-term weight maintenance is identifying and dealing with the ways you use food to relieve stress, meet emotional needs, or avoid uncomfortable feelings. A major goal of our Full/Modified Meal Replacement Weight Management program is to help people become aware of the situations that stimulate overeating and to develop skills to cope with life rather than to eat in response to it. We believe awareness and coping are essential for long-term success.
- When you are at or within 5 pounds from your desired goal weight, you begin a structured four-week food plan that transitions you from using the meal replacements to a full food plan.
- Once you complete the transition to full food, you begin your maintenance phase. The Maintenance Program is required and begins with eight, weekly sessions which focus on nutrition, fitness, and behavior modification. These group sessions are followed by 12 months of unlimited Booster Maintenance classes.
- You may continue long-term support after your first year of maintenance.
- The Full and Modified Meal Replacement Program is offered at the Positive Choice Integrative Wellness Center in Clairemont on Mondays, Tuesdays, Wednesdays, and Thursdays in the evening, morning, and afternoon. Every month new groups are started; days and times vary.
- Programs are offered in San Marcos Kaiser Permanente on Tuesday morning, afternoon, and evening and in East County at the Bostonia Kaiser Permanente on Wednesday and Thursday evenings and Wednesday afternoon.
- Programs in Spanish are offered at some locations.
- Must be 18 years or older to participate.
- To get started in a program, attend an Information Session. Call 858-616-5600 for scheduling. You may view Information Session dates/times/locations on [positivechoice.org](http://positivechoice.org) under the calendar section.

## FULL AND MODIFIED MEAL REPLACEMENT Weight Management Program Fees

KAISER MEMBER		NON-MEMBER
Lab Co-pay	<b>PART 1 PRE-PROGRAM LAB WORK</b> .	\$342
Provider Co-pay Plus \$220	<b>PART 2 MEDICAL CLEARANCE and ENROLLMENT CONSULT</b> Part-2 includes EKG and consult with medical provider. Enrollment Consult includes pre and post-program body measurements and photos, post-weight loss body fat test, program materials, and enrollment in your group.	\$220
\$140/Week	<b>WEEKLY PROGRAM FEE Full/Modified Meal Replacement</b> Weekly fee includes medical monitoring, group session fee, and weekly meal replacements.  Meal replacements begin at session 2, but the full fee is charged the first week to cover medical and administrative costs.  The weekly program fee reduces to \$60 during the transition to food phase and you no longer need to purchase the meal replacements.	\$140/Week
Lab Co-pay	<b>LAB WORK</b> Blood Potassium testing is done every other week for everyone participating on a full or modified meal replacement. Depending on individual medical histories, additional lab work may be required.  Average costs for non-Kaiser members per lab draw are \$20 to \$40.  Program participants are responsible for additional lab work fees.	\$20-\$40
\$400 Paid in 4 installments	<b>MAINTENANCE PROGRAM FEE</b> Includes eight, weekly sessions followed by 12 months of unlimited Booster classes.  The fee (\$400) is paid in four installments at weeks <b>3</b> (\$100), <b>5</b> (\$100), <b>7</b> (\$100), and <b>9</b> (\$100).	\$400 Paid in 4 installments

All fees are non-refundable, including the pre-paid Maintenance fee. Payment for missed groups is required. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.

## ADDITIONAL FULL AND PARTIAL MEAL REPLACEMENT PROGRAM INFORMATION

- You will sign-up for a specific group and remain with that counselor and that group until it ends. If your schedule changes, or you require additional meetings to continue losing weight, a group transfer can be arranged through the program manager.
- All group counselors in the Fasting Program have either a master's degree or doctorate in psychology/counseling, nutrition, exercise physiology, education, public health, or a related field. Many are licensed therapists.
- People who actively participate in the program are the most successful. It is for this reason that group attendance is required.
- Payment for missed groups in all programs is required.
- Experience has shown when family members, friends, or co-workers participate in separate groups their success is much greater. Friends, family members, co-workers, and significant others must enroll in separate Full/Modified Meal Replacement groups.
- If enrolled in the Full/Modified Weight Management Program you have the option of purchasing an extra box of meal replacements to have on hand in case of emergency (extra box fee is \$22).
- On the Full Meal Replacement a fiber supplement is highly recommended. There are several commercial products that work well with the full meal replacements and you will receive information about which ones are appropriate for use in the program. The Positive Choice Center sells a fiber product called NutriSOURCE Fiber®. This fiber easily dissolves in water and is tasteless, making it a popular option for many. A can of NutriSOURCE Fiber is \$13 (approximately a two-month supply).
- Specially formulated chicken broth soup is available. In most cases it is optional; however, some medical conditions will require certain people to use the broth. The charge for a box of broth containing 10 servings is \$7
- MasterCard, Visa, American Express, and personal checks are accepted. When paying in cash, **exact change** is appreciated.
- People who are following a medically supervised plan (i.e. the full, modified full, or partial meal replacement) need to arrive 30 minutes before their group each week to allow themselves time to check in with the nursing staff, do lab work (when needed), and order and pay for their weekly meal replacements.
- All program fees are non-refundable including the prepaid Maintenance fee. Although the need to raise prices occurs infrequently, when product and/or operating expenses go up, fees may need to be increased to cover costs.
- You will receive a packet of questionnaires at the Information Session. Enrollment in the Full/Modified or Partial Meal Replacement Weight Management Programs requires that each person complete and turn in these questionnaires. Please bring the completed forms to your Medical Clearance and Enrollment Consult appointment so as not to delay your enrollment in your weight loss program.

## COMMONLY ASKED QUESTIONS

### 1. **Are there physical benefits from losing weight besides just looking and feeling better?**

There are many health benefits associated with weight loss. This question can be best answered by sharing the results of statistics obtained on the Positive Choice Integrative Wellness Center program participants:

#### **Hypertension**

- A sampling of 400 hypertensive people showed that after weight loss, 40% were able to discontinue all medication and had normal blood pressure.
- 30% were able to decrease the dosage of blood pressure medication and had achieved better blood pressure control.
- Another 30% experienced no change in their blood pressure, indicating that the cause of their hypertension was not weight related.

#### **Diabetes**

- Out of 320 participants with diabetes, many of whom were on medication, 74% had normal blood sugar levels and required no medication to manage their diabetes after completing the Weight Program. (The full meal replacement is not an option for people with type 1, insulin dependent diabetes; the partial meal replacement is not an option for people with type 1 or type 2 diabetes.)

#### **High Blood Cholesterol**

- 93% of those who had high blood cholesterol levels dropped an average of 43 points.
- The remaining 7% of the individuals with high blood cholesterol saw no decrease in their blood cholesterol, indicating that the cause of their high blood cholesterol was not diet or weight related.

### 2. **Is a full liquid meal replacement medically safe?**

When medically supervised, the use of a full liquid meal replacement is safe and effective for weight loss. The Positive Choice Integrative Wellness Center has been using the full meal replacement and partial meal replacement supplements as weight loss tools since 1980. Since that time, over 50,000 people have lost weight using a supplement. Many of these people were medically *high-risk* patients who were middle-aged or older, hypertensive, and often have a history of cardiovascular disease and/or diabetes. Despite treating many high-risk patients, we have never had an injury or death related to using the supplements.

### 3. **While on the Full/Modified or Partial Meal Replacement, will I feel weak or fatigued?**

No. The Full and Partial Meal Replacements are designed to provide complete nutrition and stimulate your body to derive most of your caloric needs from your body's fat stores. While on a full or partial meal replacement there is no caloric deprivation. Instead there is a shift from deriving your calories from food to deriving your calories from the fat stores in your body. This process, which is unique to a liquid supplemented meal replacement, eliminates hunger and fatigue.

### 4. **Is rapid weight loss bad for you?**

Rapid weight loss using meal replacements in combination with medical supervision is safe and healthy. On the other hand, rapid weight loss produced by un-supplemented meal replacement or meal replacement with inferior products *can* impair your health. Losing weight rapidly by using an inferior product or by un-supplemented meal replacement is achieved by the body partly using lean muscle tissue as a source of fuel. This not only jeopardizes your health but also makes weight maintenance difficult. The products are formulated to protect lean muscle mass and to use fat stores as fuel, thereby eliminating these risks.



**5. Will dieting cause my metabolic rate to slow down?**

There is a small decrease in metabolic rate that occurs late in major weight loss regardless of the diet plan used. It is temporary, and the metabolic rate will return to normal as calories increase. This slight, temporary decrease in metabolic rate is not the cause of weight regain and has nothing to do with your ability to maintain a weight loss. Sometimes very low-calorie diets can lead to muscle loss. Losing muscle can lead to less calories burned overall in the day during basic daily movement. It is strongly encouraged that you participate in some form of resistance training to minimize muscle loss while participating in a very low-calorie diet program. Research shows it is possible to maintain and even gain muscle strength while on a very low-calorie diet.

**6. Are there negative side effects using a full meal replacement weight loss plan?**

Most people using the full meal replacement product experience no negative side effects at all. A small number of people experience minor and temporary hair thinning during the weight loss phase. Like the temporary hair loss that often occurs during pregnancy, this is completely reversible. In some cases, the full meal replacement can lead to an increase in uric acid levels. People with a history of gout are monitored carefully so that appropriate treatment can be initiated, if needed.

**7. Does using a meal replacement supplement increase the risk of gallstones?**

Gallstones occur when the amount of cholesterol present in the gallbladder is greater than what can be dissolved into the bile. A high fat diet is the most common reason for passing such large amounts of cholesterol into the bile. A high fat diet is the primary cause of obesity; therefore, gallstones are almost always seen in people who are overweight.

Anyone losing weight does so by metabolizing their body fat. This results in increased cholesterol being passed into the bile, just like a high fat diet. This may either aggravate preexisting gallstones or occasionally produce new ones. The risk of a gallstone attack during the weight loss phase remains surprisingly small. One in seven hundred of Positive Choice Integrative Wellness Center participants has experienced a gallstone attack during the weight loss phase and most of these had previously diagnosed gallstone conditions.

Additionally, pancreatitis, an infection in the bile ducts, may be associated with gallstones. The symptoms of pancreatitis include pain in the left upper abdominal area, nausea and fever. Pancreatitis may be brought on by binge eating or consuming a large meal after a period of dieting.

**8. I have an indemnity insurance plan and/or a flex account. Will that plan reimburse me for any of the program fees?**

Most insurance carriers will reimburse for some of the program fees. What is often required is a copy of all your receipts and a letter from the Positive Choice Integrative Wellness Center listing fees paid and the services rendered. We will be happy to supply the letter if you have all of your receipts. Keep in mind the dollar amount in the letter must match the receipts.

**Before you begin the program, contact your insurance carrier to determine what their requirements are and what your coverage includes. It is a good idea to get this in writing. You will need to save all your receipts as we do not keep copies of them and do not have billing staff.**

Your reimbursement is between you and your flex or insurance account. **We cannot guarantee you will be reimbursed** even though you submit the receipts and a letter from the Positive Choice Integrative Wellness Center that includes the typical information requested from insurance companies and flex account administrators.

9. **May I declare any part of this program as a tax deduction?**  
The IRS recognizes obesity as a medical condition and permits weight loss programs to qualify as a medical deduction under Section 213 of the tax code. Individuals who have a Medical FSA may use their current year plan to pay for eligible weight loss expenses. You are responsible for saving copies of your receipts if you choose to take this deduction. Due to continual tax code revisions, consult your tax professional to verify eligibility.
10. **Is there a support options for people who feel addicted to food?**  
We offer a **12-session** program called **Solutions** that helps people stop overeating and bingeing episodes, while helping them to understand the physiology behind compulsive overeating. People learn strategies and techniques to overcome food urges.
11. **When should I begin an exercise routine and what fitness options are available at Positive Choice?**  
You may already have an exercise routine. If not, we encourage you to begin one now. If you are looking for support in this area, here are some possibilities:
- **Yoga and Muscle Toning**  
Classes offered regularly. See website for current days/times/fees.
  - **Personal Training**  
Personal training packages are available with a fitness specialist to help you develop a challenging workout and stay motivated.
  - **Exercise Membership**  
The exercise room at the Positive Choice Integrative Wellness Center is equipped with free weights and aerobic exercise equipment. Membership includes a personalized exercise prescription and training plan developed by a fitness specialist. The exercise room is open Monday through Thursday, 8 am to 6:30 pm, and Friday, 8 am to 4 pm.
13. **What are the locations and addresses of the Kaiser Permanente office buildings that have Weight loss options?**

**Positive Choice Integrative Wellness Center** | 5893 Copley Drive, 6<sup>th</sup> Floor, San Diego CA 92111  
Full/Modified Meal Replacement, Partial Meal Replacement, Healthy Balance, H.E.A.T., Nutrition/Fitness Forum

**San Marcos Kaiser Permanente Medical Building** | 400 Craven Road, San Marcos, CA 92078  
Full/Modified Meal Replacement (morning, afternoon, and evening), Healthy Balance, Nutrition/Fitness Forum.

**Bostonia Kaiser Permanente Medical Building** | 1630 East Main Street, El Cajon, CA 92021  
Full/Modified Meal Replacement Program (afternoon and evening).

**Otay Mesa Kaiser Permanente Medical Building** | 4660 Palm Ave., Bldg. 4, San Diego, 92154  
Full/Modified Meal Replacement (afternoon and evening), Healthy Balance, Nutrition/Fitness Forum

**La Mesa Kaiser Permanente Medical Building** | 8080 Parkway Dr., La Mesa, CA 91942  
Healthy Balance

**Oceanside Kaiser Permanente Medical Building** | 1302 Rocky Point Dr., Oceanside CA 92059  
Healthy Balance (evening classes only March- August)

\*Healthy Balance Programs may be available at additional locations. Call for more information.

# HOW TO ENROLL

**H.E.A.T. – HEALTHY EATING AND TRAINING**, call (858) 616-5600.

**HEALTHY BALANCE PROGRAM**, call (858) 616-5600.

## **PARTIAL OR FULL/MODIFIED WEIGHT MANAGEMENT PROGRAMS**

**Schedule and attend an Information Session**, (858) 616-5600.

If you have been in the program within the last 12 months, you do not need to attend an Information Session.

Information Sessions are held at the Positive Choice Integrative Wellness Center (5893 Copley Drive, 6<sup>th</sup> Floor, Garfield Specialty Center, San Diego, CA 92111) and once monthly at the San Marcos Kaiser Permanente Medical Offices (400 Craven Road, San Marcos CA 92078) and once monthly in El Cajon at the Bostonia Kaiser Permanente (1630 East Main Street, 92021) View dates/locations/times on [positivechoice.org](http://positivechoice.org) under the calendar.

**KP Members: At Information Session request your Part 1 Pre-Program Lab Work to be ordered.** Wait 1-3 business days for the request to be placed in the Kaiser Permanente Health Connect system. You will be notified by e-mail when this happens. **Once you have been notified that your lab work orders are in the Health Connect system you may get your lab work done at any KP laboratory.**

**Non-members** please call to schedule your Part 1 Pre-Program Lab Work (858-616-5600). Non-members will need to have their Part 1 Pre-Program Lab Work completed at the Positive Choice Integrative Wellness Center at 5893 Copley Drive, 6<sup>th</sup> Floor, Garfield Specialty Center, San Diego, CA 92111.

**Three business days after you complete your Part 1 Pre-Program Lab Work you may call to schedule your Part 2 Medical Clearance and Enrollment Appointments. Please do not call sooner than 3 business days after your lab work.**

**Complete these appointments and you are enrolled in a program.**

We look forward to supporting you in your wellness efforts.

POSITIVE CHOICE  
INTEGRATIVE  
WELLNESS CENTER

