

VIRTUAL SLIM DOWN



Virtual Slim down combines personal training, nutrition coaching, and a food plan that includes two OPTIFAST meal replacements a day combined with healthy food. Using video-appointments you participate in weekly personal training and nutrition coaching sessions.

\$350 — Includes 8 boxes of meal replacements and 4 individual coaching sessions.

To get started call (858) 616-5756

VIRTUAL HEALTHY BALANCE WEIGHT LOSS 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 Virtual 16-session program you meet weekly online using a program called Blackboard. Most of the session you can see facilitator and the blackboard, but people do not see you. At select times, the facilitator will open microphones and cameras so group can interact with each other.

Topics covered include meal timing, foods that help manage blood sugar levels, shopping, fitness, and mindfulness.

You will have access to our many online exercise videos that focus cardio and strength training.

Programs are available Monday through Saturdays.

No fee for KP members (non-members \$160)

To get started call (858) 616-5600



Virtual MEDICALLY SUPERVISED WEIGHT LOSS food plans



FULL Meal Replacement |

Five meal replacements, 500 to 800 calories/day.



MODIFIED Meal Replacement |

Five meal replacements combined with one 200 calorie meal;
700 to 1000 calories/day.



PARTIAL Meal Replacement |

Four meal replacements combined with one 400 – 600 calories of food;
1100 – 1400 calories/day.

VIRTUAL PARTIAL MEAL REPLACEMENT PROGRAM



- Food plan is small servings of food combined with four meal replacements spaced throughout the day (approximately 1100 - 1400 calories daily).
- OPTIFAST meal replacement come in vanilla, chocolate, or strawberry shakes, chicken or tomato soups, and chocolate, peanut butter chocolate and apple cinnamon bars.
- Eighteen-session (more sessions available if needed) medically supervised online program that meets weekly for 90-minutes.
- Clinic visits every week to purchase and pick-up meal replacements and lab work if needed.
- Average weekly weight loss for men is two to three pounds, for women it is one to two pounds.
- Online group sessions focus on nutrition, fitness and behavior modification.
- Need to be 18-years or older and have a BMI ≥ 25 (10 lbs. over ideal weight range) to participate.
- People with Type 2 diabetes cannot do a Partial Meal Replacement.

KAISER MEMBER	PARTIAL PROGRAM FEES	NON-MEMBER
Lab Co-pay	PRE-PROGRAM LAB WORK/EKG (Clinic visit) VIRTUAL MEDICAL CLEARANCE	\$342
\$300	Pre/Post ENROLLMENT CONSULT Includes program materials and enrollment in your group.	\$300
\$102	WEEKLY PROGRAM and Meal REPLACEMENT FEE Includes medical monitoring, online program, and weekly meal replacements. \$32 per week Session #1 and when not purchasing meal replacements	\$102
Lab Co-pay	LAB WORK is required every 2 weeks.	\$20-\$40

To get started call 858-616-5600 and ask to be scheduled into a **Virtual Weight Program Orientation**.

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

VIRTUAL FULL / MODIFIED MEAL REPLACEMENT PROGRAM

Lose weight on five meal replacements daily or a modified plan with five meal replacements and 200 calories of food.

We use two brands of meal replacements, NutriMed® which is 500 calories/day or OPTIFAST which is 800 calories/day. This program is not an option for those with type1 diabetes or pregnant/breastfeeding women.

The Full Meal Replacement Plan: Requires a body mass index (BMI) of at least 30 (about 40 pounds to lose) to qualify and the Modified plan requires a BMI of at least 28 (about 30 pounds or more to lose) and clearance from our medical team.

Full Fast Food Plan 500-800 calories per day



Modified Full Fast Food Plan 700 - 1000 calories per day



- 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, tomato, and chicken soup. **OPTIFAST** flavors include vanilla, chocolate, strawberry, chicken and tomato soup, and bars in chocolate, peanut butter chocolate and apple cinnamon.
- Average weekly weight loss is two to five pounds.
- In the Full/Modified Meal Replacement Weight Management Program you attend weekly, online 90-minute sessions as you lose your weight. You see group counselor and classmates and can participate in group discussions.
- Online attendance is mandatory. Missing more than 2 consecutive sessions will result in being removed from the program. Attendance at sessions #2 and #3, and payment for missed sessions are required.
- **The program is 20+ sessions.**
 - Session 1 – Introduction**
 - Session 2 – 15 – Meal Replacement weight loss**
 - Session 16-20 Preparing for Eating – Transition to Modified MR Plan**Everyone on the Full MR Plan will reintroduce food to a modified plan unless medical team advises otherwise. Those close to goal weight will continue adding in food to complete transition to full food. Those who need additional weight loss stay on modified plan and continue in additional sessions until they are ready to transition to full food. Once you transition to full food then go to 10-session **Maintenance Program** followed by unlimited **Long-term Maintenance Booster Sessions**
- 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 this program is to help you become aware of the situations that stimulate overeating and to help you develop skills to cope with life rather than to eat in response to it.

- When you begin your Meal Replacements at session 2, your clinic-contact that week will be at the Garfield location. After that you select a designated location for payment, lab/medical check, and product pick-up. Locations for meal replacement purchase and pick-up are Garfield 7:30 – 4:30 Monday & Wednesdays, Tuesdays and Thursdays 8:30 – 4:30 pm, San Marcos 7:30 to 4:30 on Tuesdays, Bostonia 12:30 to 4:30 pm on Thursdays, or Otay Mesa 12:30-4:30 pm on Wednesdays.
- 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.
- MasterCard, Visa, American Express, and personal checks are accepted.
- Specially formulated chicken bouillon is available. In most cases it is optional; however, some medical conditions will require certain people to use the bouillon. (\$7 for 10 servings).

KAISER MEMBER	FULL / MODIFIED MEAL REPLACEMENT Program Fees	NON-MEMBER
Lab Co-pay	PRE-PROGRAM LAB WORK/EKG (Clinic visit) VIRTUAL MEDICAL CLEARANCE Some may need to complete the medical clearance as an in-clinic visit and may be charged a provider copay.	\$342
\$300	Pre/Post VIRTUAL ENROLLMENT CONSULT Enrollment Consult includes program materials, and enrollment in your group and pre & post weight loss body measurements. Includes SECA Body Composition Testing pre & post.	\$300
\$140/Week	WEEKLY PROGRAM and MEAL REPLACEMENT Fee Includes medical monitoring, group session fee, and weekly meal replacements which begin at session 2. The weekly program fee is \$60 for Session #1 and during the last phases of transitioning to food when you are not purchasing meal replacements.	\$140/Week
Lab Co-pay	LAB WORK Blood Potassium testing is done every other week. Depending on individual medical histories, additional lab work may be required. Program participants are responsible for additional lab work fees.	\$20-\$40
\$400 Paid in 4 installments	MAINTENANCE PROGRAM FEE Includes ten, weekly online sessions followed by 12 months of unlimited online Booster classes. The fee (\$400) is paid in four installments at weeks 3 (\$100), 5 (\$100), 7 (\$100), and 9 (\$100) or may be paid before beginning the program.	\$400 Paid in 4 installments

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Program Comparison	Partial Meal Replacement Plan	Modified Meal Replacement Plan	Full Meal Replacement Plan
Meal Plan	4 Meal Replacements + 400-600 Cal of food	5 Meal Replacements + 200 Cal of food	5 Meal Replacements (no food)
Calories per Day	1100-1400 Cal / day	700-1000 Cal / day	500-800 Cal / day
Weight Loss	1-3 pounds / week	2-5 pounds / week	2-6 pounds / week
Weight Requirements	≥10 lbs. to lose	≥30 lbs. to lose	≥40 lbs. to lose
Health Requirements	No diabetes (1 or 2) No pregnant/ breastfeeding	No diabetes (1 or 2) No pregnant/ breastfeeding	Yes diabetes-2, No diabetes-1, No pregnant/ breastfeeding
Length of Program	18 sessions 90-minute sessions	20 (+) sessions 90-minute sessions	20 (+) sessions 90-minute sessions
Program Content	Nutrition, Fitness, Behavior Change	Underlying issues that drive overeating	Underlying issues that drive overeating
Friends & Family in Class Together?	Yes	No	No
Locations, labs & meal replacement purchase	Garfield, San Marcos, Otay Mesa, Bostonia	Garfield, San Marcos Marcos, Otay Mesa, Bostonia	Garfield, San Marcos, Otay Mesa, Bostonia
Estimated program cost	\$1875 + some food costs	\$2860 + small food costs	\$2860