

SLIM DOWN



Slim Down includes weekly online coaching appointments combined with a meal plan that includes 2 meal replacement per day (shake, soup, or bar). Your 30-minute appointment can focus on your individual needs for fitness, nutrition, self-care, and goal setting.

\$375: Includes 8 boxes of meal replacements and 4 individual coaching sessions.

To get started call (858) 616-5756

HEALTHY BALANCE PROGRAM

Lose weight while attending weekly sessions that include education on creating healthier habits through nutrition, fitness, stress management and mindfulness. Program helps you get started on a diet of whole, unprocessed, nutrient-dense foods, that aid in weight loss and disease prevention. Each session includes light exercise. Classes meet weekly either online or in-person for 16 sessions and are available Monday thru Saturdays.



No fee for KP members,
non-members can participate for only \$10/session.

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

To get started call (858) 616-5600

MEDICALLY SUPERVISED MEAL REPLACEMENT PLANS



FULL Meal Replacement |

Five meal replacements, 500 to 800 calories/day.
For those with at least 40 pounds to lose; required for those with type 2 diabetes



MODIFIED Meal Replacement |

Five meal replacements combined with 200 calorie meal;
700 to 1000 calories/day.
For those with at least 30 pounds to lose.

meal replacement available as
shakes, soups or bars.



PARTIAL Meal Replacement |

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

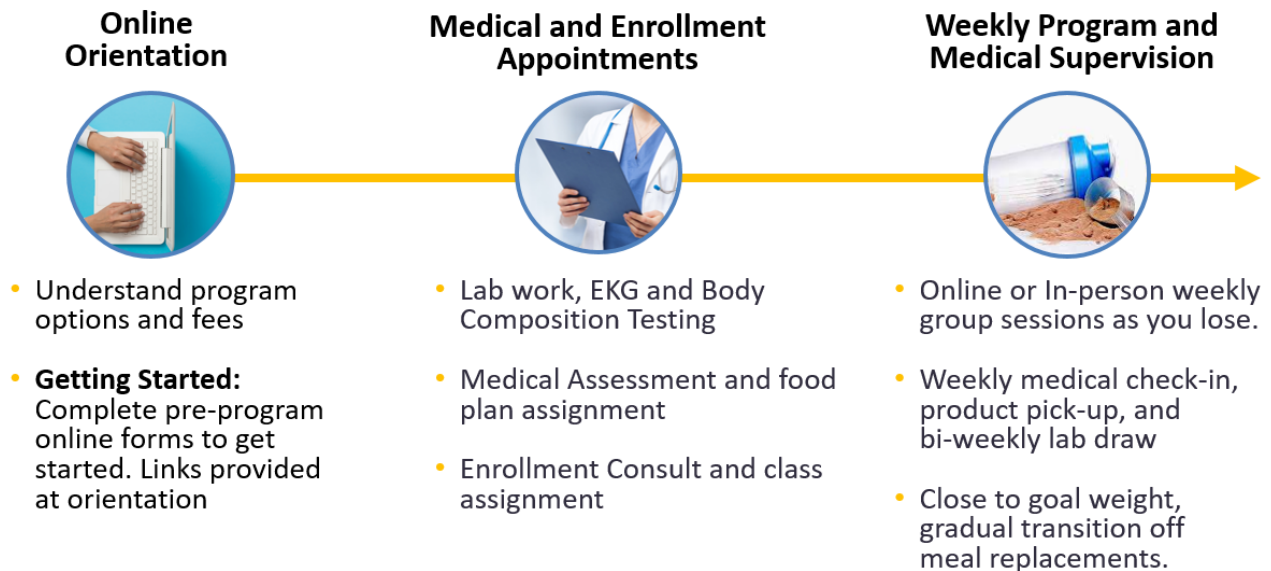
Health Benefits

- 75% type-2 diabetes achieve normal blood glucose levels, discontinue medications
- Blood cholesterol levels drop 60 or more points
- Blood pressure improves
- Fatty liver improves or resolves
- Less pain in knees, hips, and back
- Weekly weight loss of 2-4 lbs. per week.

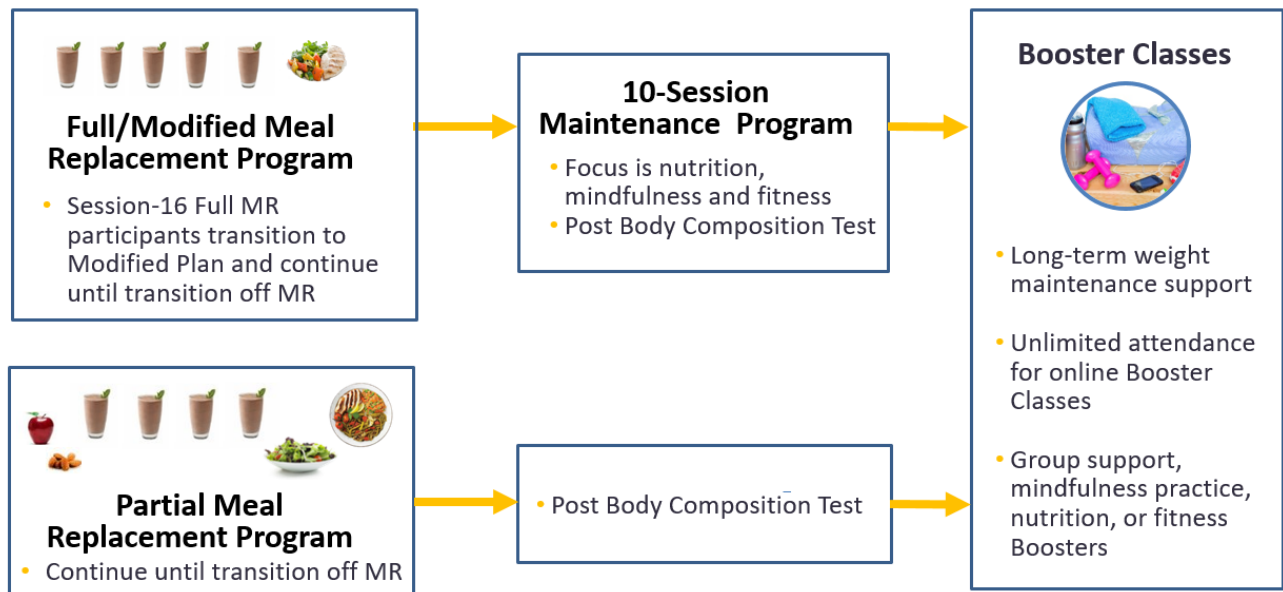
Who is not eligible for medically supervised meal replacement programs?

People with Type 1 Diabetes, or who are pregnant/ breastfeeding, or <6 months post-op bone surgery are not eligible for Meal Replacement Medical Weight Loss.

Overview of **Weight Loss Phase** of Meal Replacement Programs



Overview of **Maintenance Phase** of Meal Replacement Programs



Meal Replacement Program Fees

Pre-program Medical Testing and Appointments	KP Members <ul style="list-style-type: none"> • Lab work (co-pay) • EKG Visit (co-pay or according to deductible plan) • Medical Clearance (co-pay) 	Guest to Kaiser Permanente <ul style="list-style-type: none"> • \$342 for Lab work, EKG, and Medical Clearance
Enrollment Consult (pre/post) Body Composition Testing, Program materials	\$325	
<ul style="list-style-type: none"> • Group meetings • Clinic check-ins, labs, medical supervision • Meal replacements • Maintenance Program 	Full and Modified Program \$185/week Except session 1 (no meal replacements) so \$100 Maintenance Program <ul style="list-style-type: none"> • 1-session orientation + 10-session program • \$500 (\$125 due weeks 3, 5, 7, and 9) • Includes Unlimited Boosters 	Partial Program \$175/week Except session 1 (no meal replacements) so \$100 Not required
Booster Classes Long term support	<ul style="list-style-type: none"> • Included in Maintenance fees • Unlimited attendance 	<ul style="list-style-type: none"> • \$150 (\$75 due weeks 3 and 5) • Unlimited attendance

If you would like to get started in a weight loss program:

- ✓ SLIM DOWN call: (858) 616-5756
- ✓ HEALTHY BALANCE call: (858) 616-5600
- ✓ MEAL REPLACEMENT PROGRAMS: Call (858) 616-5600 or schedule a weight program orientation online at positivecoice.org/lose-weight