



# LEARN ABOUT OUR **WEIGHT MANAGEMENT SERVICES**

We offer a variety of services to support you in achieving your goals and maximizing your health. You can learn more about these services in our weekly Orientation Sessions.

[www.positivechoice.org](http://www.positivechoice.org)



POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER

  
**thrive**  
SAN DIEGO, CA



## ABOUT POSITIVE CHOICE

Every person wants to feel their best every day. We offer a variety of services to help you make that happen. From weight management, to nutrition and fitness, stress management, and biofeedback or cooking videos, there is something for everyone in your family. As a fee-for-service clinic, we are able to serve Kaiser Permanente members as well as non-members.

[www.positivechoice.org](http://www.positivechoice.org)



POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



# SOMETHING FOR EVERY BODY

# OUR WEIGHT MANAGEMENT PROGRAMS



## Medically-Supervised Meal Replacement Program

Under medical supervision, you'll replace food with meal replacements. Following this very low calorie plan leads to significant weight loss and health improvements, all while feeling energetic and experiencing reduced hunger.



## Slim Down

Work 1:1 with a member of our nutrition and fitness team to develop an eating and fitness plan that supports weight loss and health.



## Healthy Balance

Engage in a 16-session education program to learn more about nutrition, fitness, and stress management.



## Looking for more?

Visit our website to view other programs, online fitness, meditation, and cooking videos, and additional services available to KP members and non-members.



MEDICALLY-SUPERVISED

# MEAL REPLACEMENT PROGRAM

Using nutritionally-complete prescription shakes, soups, and bars to replace the food you currently purchase and prepare, provides you with a very low-, or low-calorie eating plan, supporting safe, rapid, weight loss. Our medical team carefully monitors your progress while you work with our counseling team in group-based classes each week. This comprehensive program is designed for those with 20 pounds or more to lose.

## KEY BENEFITS:

- Improved blood sugars
- Improved blood pressure
- Reduced cholesterol
- Improved fatty liver
- Reduced pain and inflammation
- Reduced hunger and increased energy
- Weekly medical supervision as you safely move toward your goals
- Lifelong maintenance designed program

## Program Options:

### Full

- 500-800 cal/day
- 5 meal replacements daily
- No additional food
- Weekly classes
- Weekly medical visits
- Maintenance program
- Lifelong support

**Average weight loss:**  
2-4 lbs weekly (women)  
4-6 lbs weekly (men)

### Modified

- 700-1000 cal/day
- 5 meal replacements daily
- 1 small meal per day
- Weekly classes
- Weekly medical visits
- Maintenance program
- Lifelong support

**Average weight loss:**  
2-4 lbs weekly (women)  
4-6 lbs weekly (men)

### Partial

- 1100-1400 cal/day
- 4 meal replacements daily
- Additional food daily
- Weekly classes
- Weekly medical visits
- Lifelong support

**Average weight loss:**  
1-2 lbs weekly (women)  
3-4 lbs weekly (men)



# MEDICALLY-SUPERVISED MEAL REPLACEMENT PROGRAM

## DETAILS:

- Week-to-week program
- No contracts!
- Medical supervision and labs
- Weekly online or in-person classes
- Pick up your weekly meal replacement supply at Garfield, San Marcos, Bostonia, or Otay Mesa
- **Receive a pre- and post-program body composition analysis**

## BOOSTER PROGRAM:

- Lifelong support after meal replacements
- Designed to help you maintain results
- Online workshops led by our highly skilled team
- Over 10+ to choose from each month
- Relevant nutrition, fitness, and stress management focused topics

“I’ve felt better on this program than I have in a very long time! I expected to see a change in my monthly budget, but without groceries or eating out, it’s actually stayed the same.

--Mark”

## Program Fees

	KP Members	Non-Members
<b>Pre-program Medical Fees</b>	<ul style="list-style-type: none"> <li>• EKG (co-pay)</li> <li>• Labs (co-pay)</li> <li>• Medical Clearance Visit (co-pay)</li> </ul>	\$340
<b>Enrollment Fee</b> Program enrollment, materials, pre- and post-program body composition analysis	\$325	
<b>Weekly Fee</b> Meal replacements, classes, medical supervision, labs	<b>Full/Modified</b> \$185/week  <b>Partial</b> \$175/week	
<b>Maintenance Program Fee</b>	<b>Full/Modified \$500*</b> (includes 10 nutrition classes and lifelong Booster Program)	
	<b>Partial \$150*</b> (Lifelong Booster Program)	
<i>*Payment plan available</i>		

To enroll, first attend a free information session.  
Call 858-616-5600 or scan the QR code to register.



MEDICALLY-SUPERVISED

# REMOTE MEAL REPLACEMENT PROGRAM

Making our programs accessible to all is a priority. We are piloting a brand-new medically-supervised, remote meal replacement program that ships products to your door and monitors your health through an app, Bluetooth scale, video visits with our staff, and uses your local lab.

Pilot program starts Spring 2024. For new participants only, restrictions apply.

Learn more at:

[www.positivechoice.org/remote](http://www.positivechoice.org/remote)



[LEARN MORE](#)

NON-MEDICALLY SUPERVISED

# WEIGHT MANAGEMENT OPTIONS

Call 858-616-5600 to enroll today



ONLINE

## SLIM DOWN PROGRAM

Work 1:1 with our nutrition and fitness team to set goals for eating, activity, and stress management.

### DETAILS:

- Four online appointments
- One-on-one nutritional coaching
- Weekly goal setting
- Meal replacements
- Meal plan using 2 meal replacements daily

LEARN MORE



**FEE FOR 4 SESSIONS AND MEAL REPLACEMENTS:**  
\$375 (OPTION TO RENEW)

ONLINE OR IN PERSON

## HEALTHY BALANCE PROGRAM

Attend 16-weekly sessions with our lifestyle educator team to learn more about nutrition, fitness, and stress management.

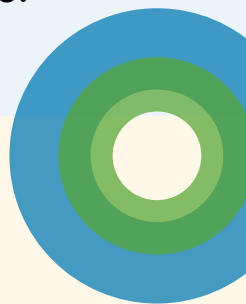
### DETAILS:

- Online or in-person classes
- 16 topic-specific sessions
- Group based education

**KP MEMBERS, NO FEE**  
NON-MEMBERS, \$160



LEARN MORE



# Our Programs At A Glance

PROGRAM DETAILS	FULL MEAL REPLACEMENT	MODIFIED MEAL REPLACEMENT	PARTIAL MEAL REPLACEMENT	SLIM DOWN	HEALTHY BALANCE
Online or In Person	You Choose	You Choose	Online	Online	You Choose
Group Based	✓	✓	✓		✓
Meal Replacements Included	5 daily	5 daily	4 daily	2 daily	Optional purchase
Average Expected Weight Loss	2-4 lbs/week (W) 4-6 lbs/week (M)	2-4 lbs/week (W) 4-6 lbs/week (M)	1-3 lbs/week (W) 2-4 lbs/week (M)	Variable	Up to 4% over 16 sessions
Type of Plan	Medically supervised, 500-800 calories/day	Medically supervised, 800-1000 calories/day	Medically supervised, 1100-1400 calories/day	1200-2000 calories/day	Education Only
Program Length	Week to week	Week to week	Week to week	Month to month	16 weeks
Cost	\$185/week <small>Additional fees apply</small>	\$185/week <small>Additional fees apply</small>	\$175/week <small>Additional fees apply</small>	\$375/month	No cost for members

## WANT TO LEARN MORE?

Attend a free information session to learn more and have your questions answered. Offered every Tuesday at 10 a.m. and Thursday at 4:30 p.m.

Register at [positivechoice.org](http://positivechoice.org) or call 858-616-5600



[LEARN MORE](#)

