

# Welcome!

HELLO!

We will begin shortly.

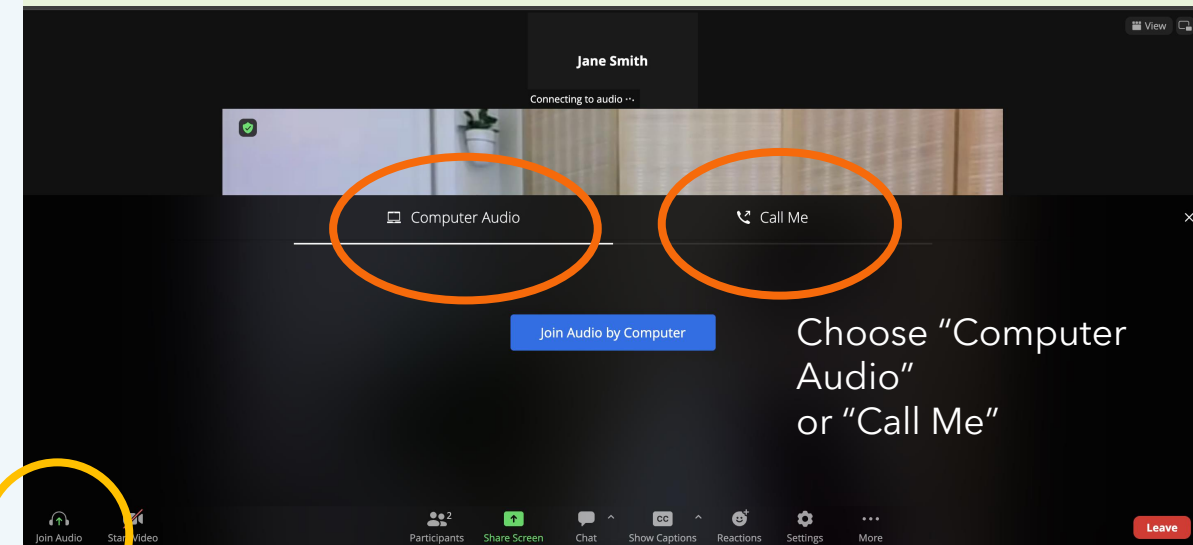


Use the Zoom mobile or desktop app.

- ✓ Make sure you have a strong internet connection.
- ✓ Minimize all other apps and programs.
- ✓ Turn up your volume.

Please turn on your camera and microphone to say hello!

Having audio issues? Click Join Audio and select Computer or Call Me



# Welcome!

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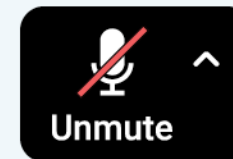


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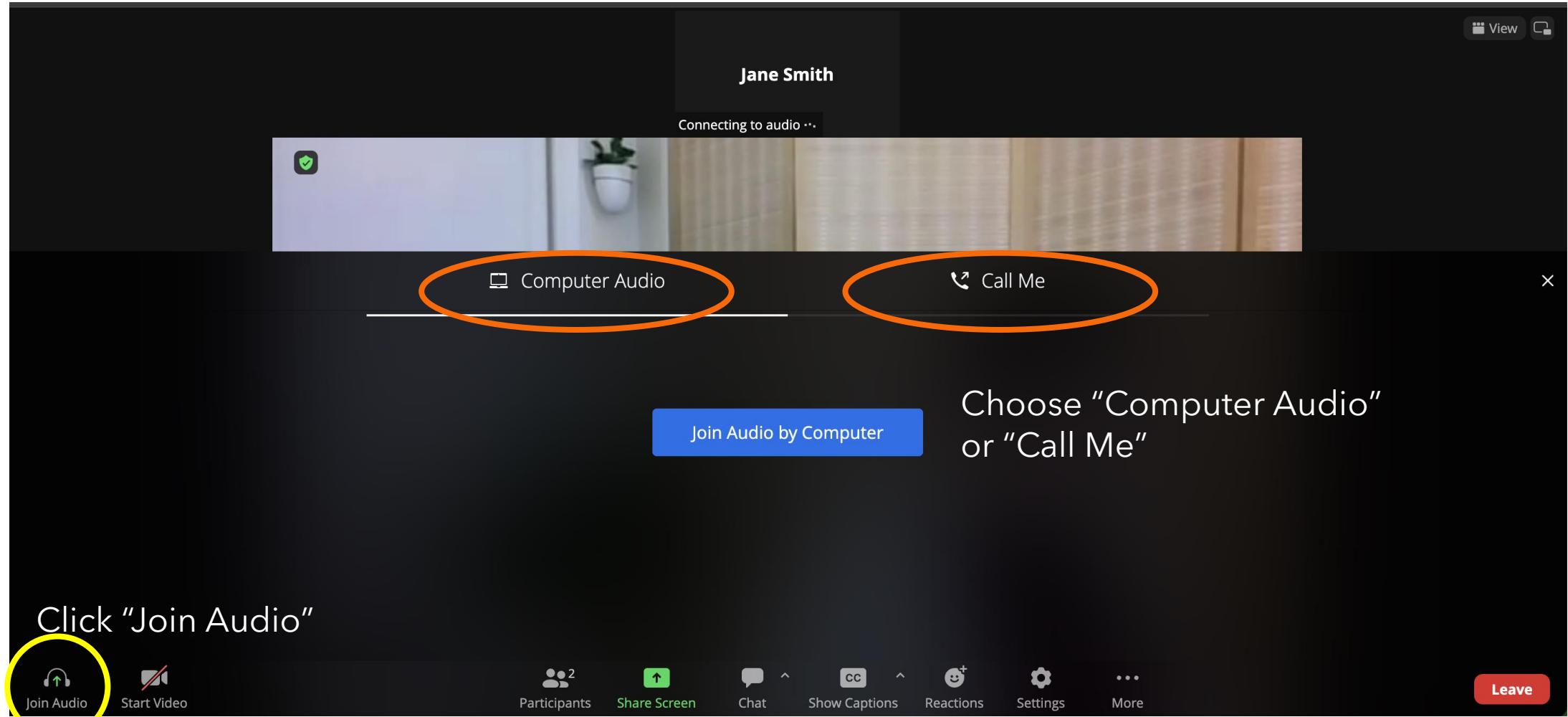


By default, you may have  
been placed on mute.



During the workshop,  
please mute your audio  
unless you have a  
question.

# Can't hear? Join Audio



The screenshot shows a Zoom meeting interface. At the top, the name 'Jane Smith' is displayed with the status 'Connecting to audio ...'. Below this is a video thumbnail of a person. A dialog box is open with two options: 'Computer Audio' and 'Call Me', both circled in orange. Below the dialog is a blue button labeled 'Join Audio by Computer' and the text 'Choose "Computer Audio" or "Call Me"'. At the bottom of the screen, the 'Join Audio' icon in the toolbar is circled in yellow.

View

Jane Smith

Connecting to audio ...

Computer Audio

Call Me

Join Audio by Computer

Choose "Computer Audio" or "Call Me"

Click "Join Audio"

Join Audio Start Video Participants Share Screen Chat Show Captions Reactions Settings More Leave

For more help, call tech support at 844-800-0820

# Participant Experience



## Mobile

App	Web Browser
✓	✓
✓	
✓	
✓	
✓	

(for example, Safari)



## Desktop/Laptop

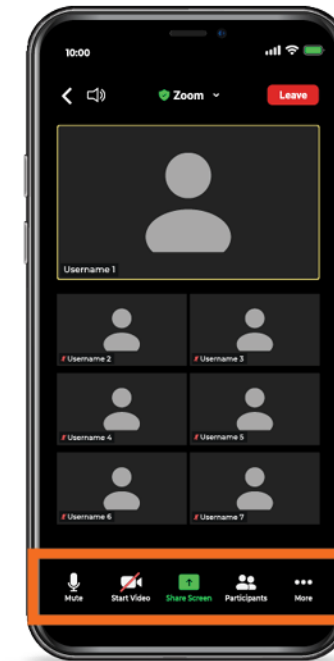
App	Web Browser
✓	✓
✓	
✓	✓
✓	
✓	✓

Chat  
Poll  
Reactions  
Whiteboards  
Virtual Backgrounds

# Controls toolbar



## Desktop



## Smartphone

# Participating in Zoom



Your microphone



Share reactions



Your camera



Raise hand



Chat window



Closed captions

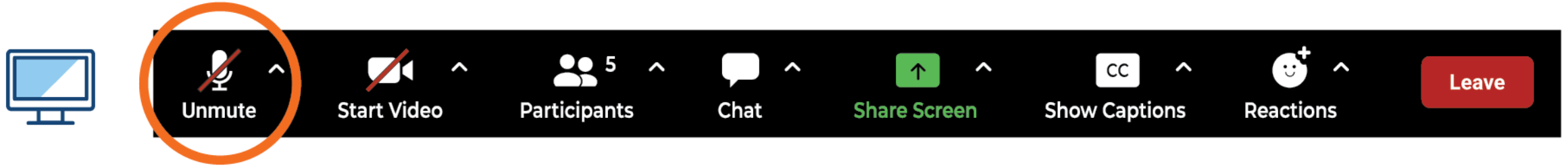


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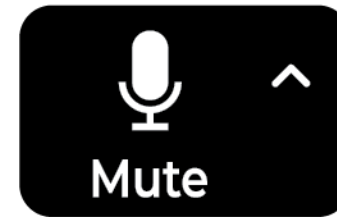
Leave

# Controls toolbar

## Your microphone



» Click or tap on icon



Mute

on

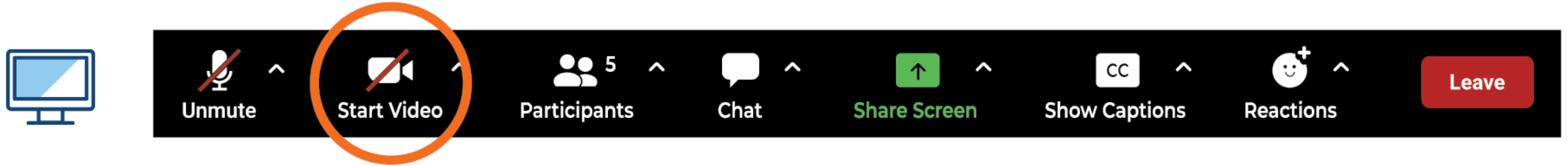


Unmute

off

# Controls toolbar

## Your camera



» Click or tap on icon



on



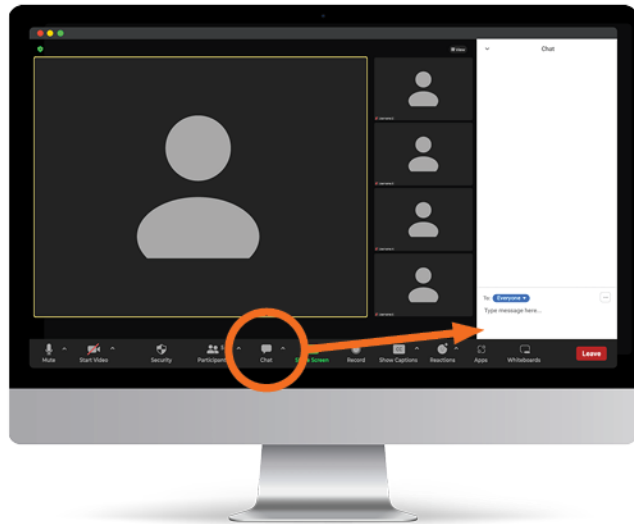
off



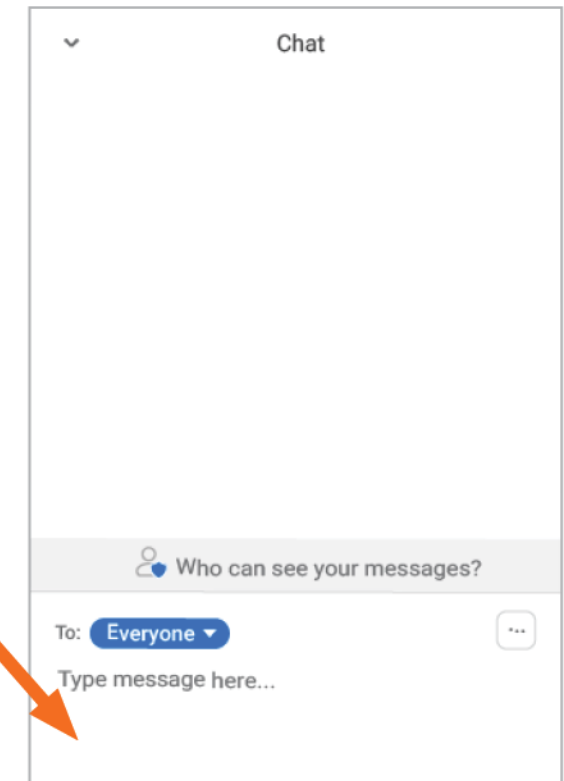
## Controls toolbar

# Chat (desktop or laptop)

1 Click on  to open the chat window



2 Type your message, then hit **enter** or **return**



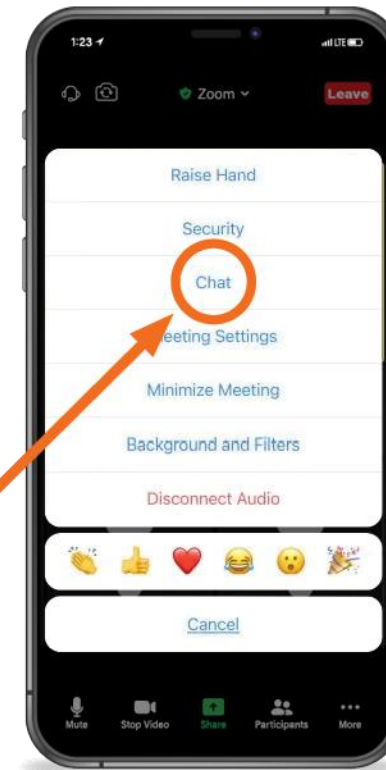
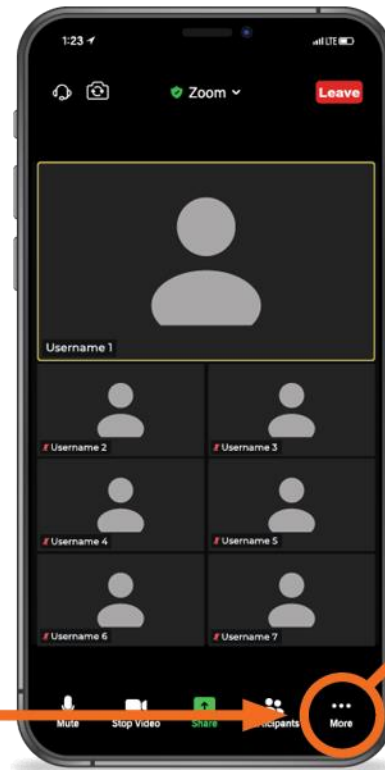
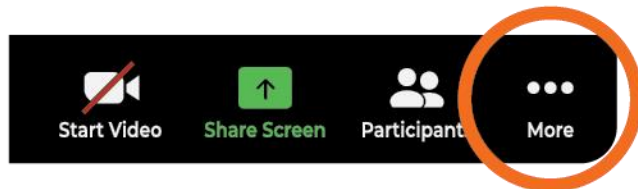
# Controls toolbar

# Chat (iOS or Android)

1 Tap 

OR

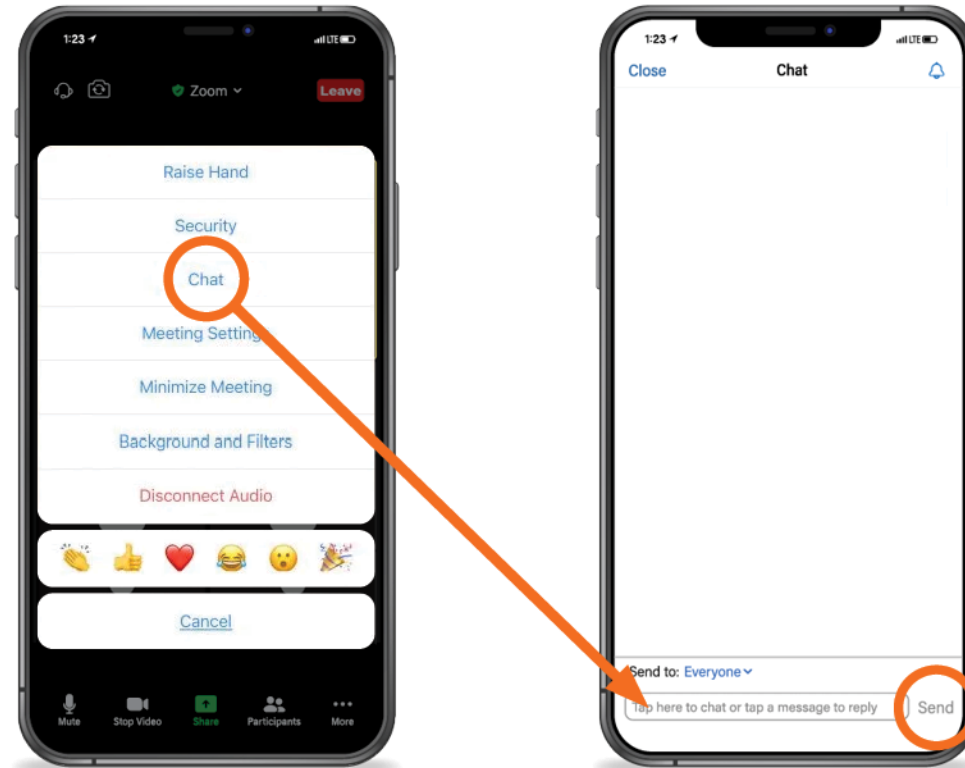
Tap More,  
then tap Chat



# Controls toolbar

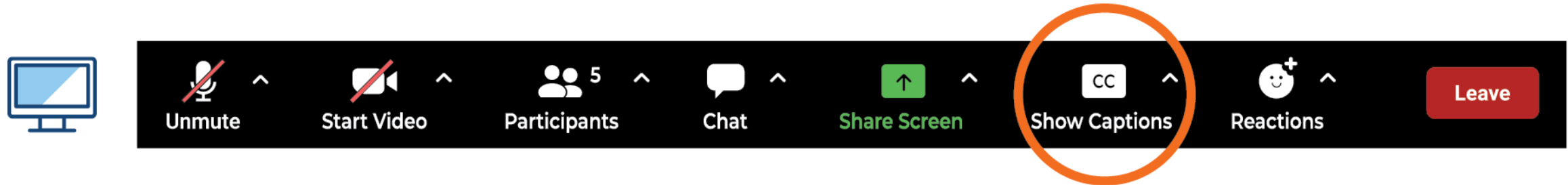
## Chat (iOS or Android)

2 Type your message, then tap enter or return



# Controls toolbar

# Closed captions



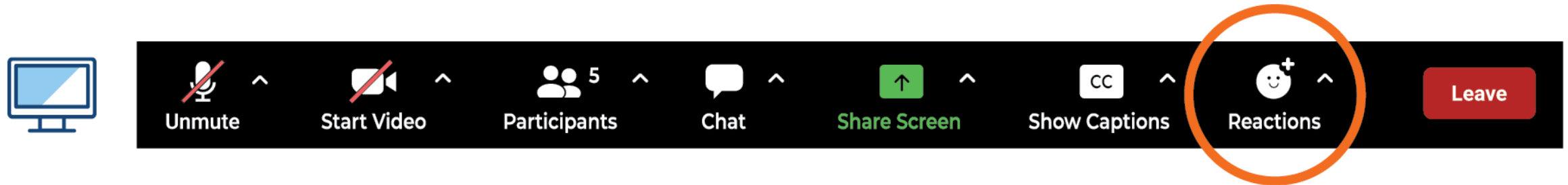
» Click on icon to **show/hide** captions



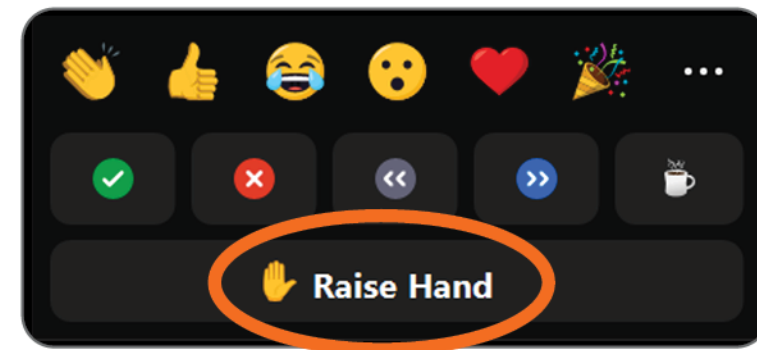
» Tap **More**,  
then tap **Captions**

## Controls toolbar

# Raise your hand

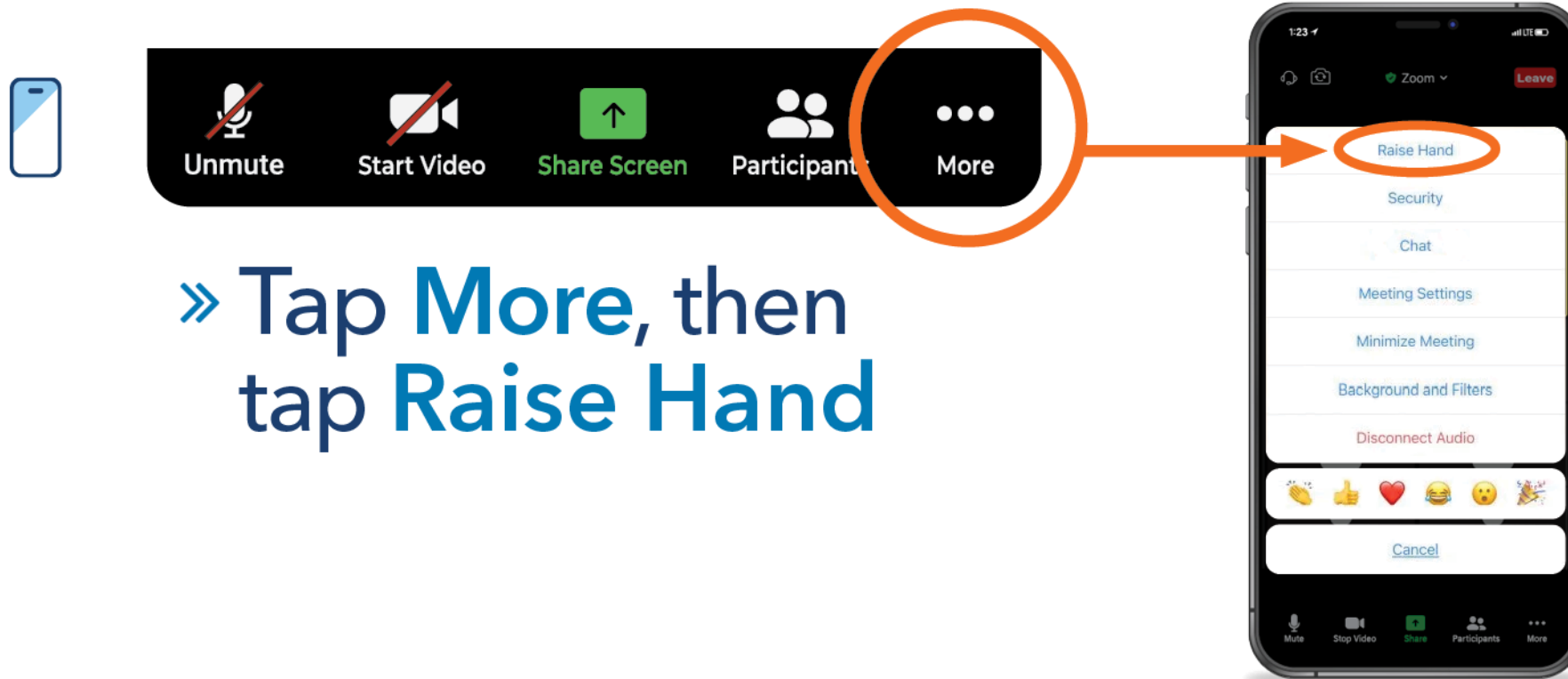


» Click on **Reactions** icon, then click on **Raise Hand**



# Controls toolbar

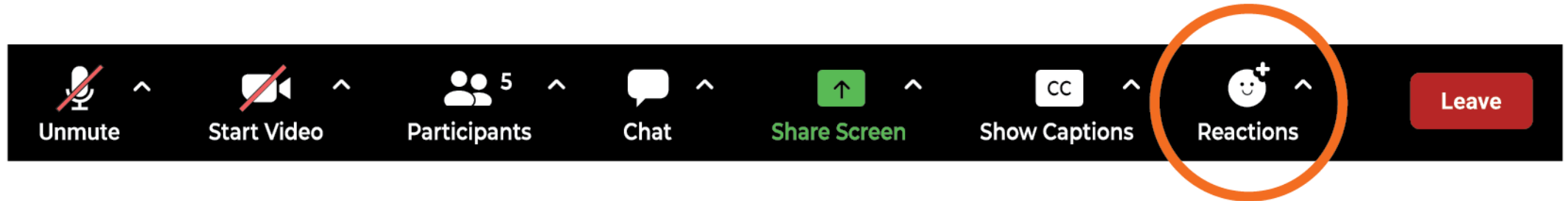
# Raise your hand



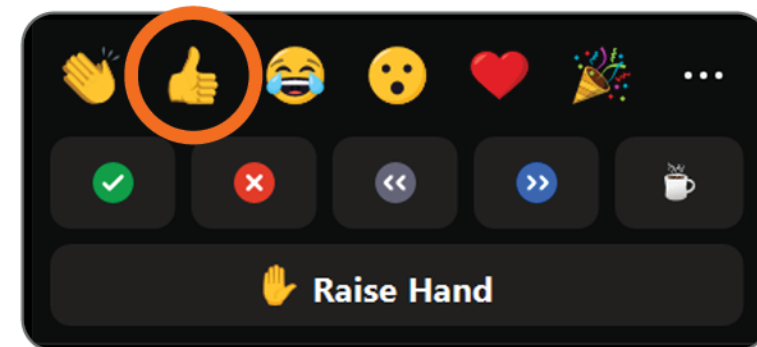
» Tap **More**, then tap **Raise Hand**

## Controls toolbar

# Share your reactions



» Click on **Reactions** icon, then click on an emoji

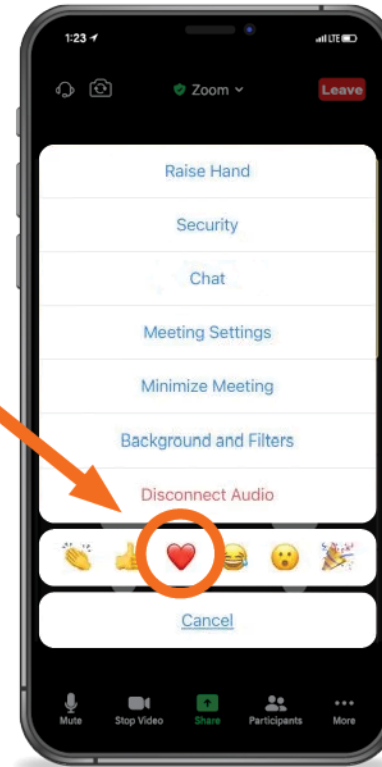


# Controls toolbar

# Share your reactions



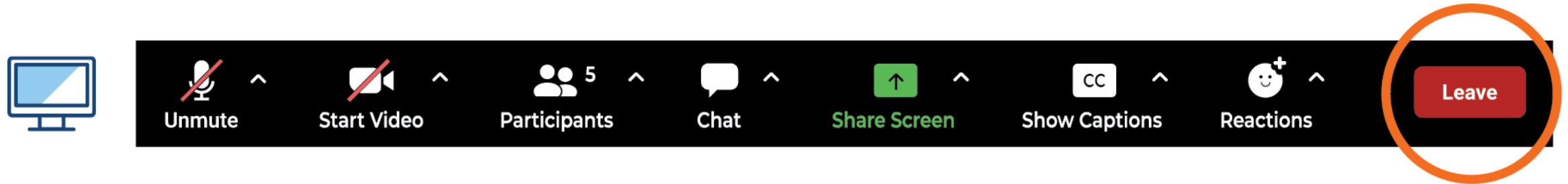
» Tap **More**, then tap an emoji



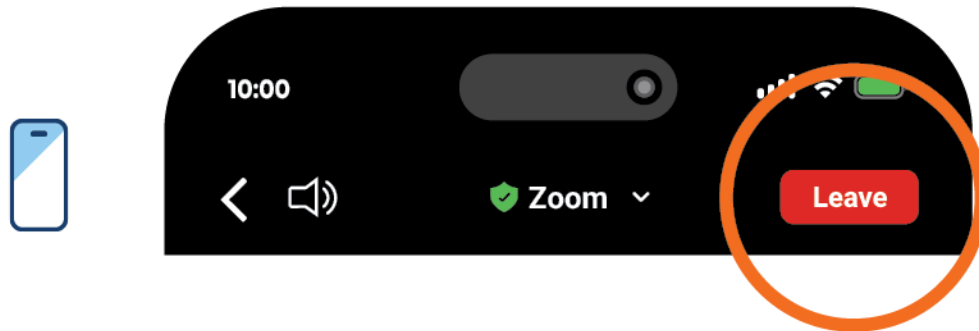


# Controls toolbar

# Leave workshop



» Click on **Leave**



» Tap **Leave**  
(top area)

# Privacy



Please do not share any personal information that you would not want others to know.



Any personal information you choose to share either verbally or through the written chat tool may be heard or seen by others.

# Zoom Help: 1-844-800-0820 | M-F, 4:30 AM - 7 PM

ESPAÑOL 858-616-5600

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER

thrive  
SAN DIEGO, CA

BOOKSHELF  
Online Classroom Links  
Registered Participants Only

Home Weight Loss Mind/Body Nutrition & Fitness Center 4 Healthy Living Calendar Contact

**WEIGHT LOSS OPTIONS**  
You can do it! We Can Help!  
[Learn more](#)

Mindfulness Weight Loss Fitness Healthy Eating

4 Busy Families Biofeedback Programas en Español Tech Support

- Visit [positivechoice.org](https://positivechoice.org)
- We offer live help sessions every Thursday

# Meal Replacement Program Orientation

- We will be introducing our non-surgical programs today.
- Let us know if you are not in the San Diego service area.



# Welcome



# Meal Replacements

- Replace all or most of your daily food depending on your prescribed program
- Consumed as a Shake, Soup or Bar
- Provide 70-80 grams protein/day
- Contain 100% of vitamins and minerals recommended for adults
- Help curb appetite and accelerate weight loss
- Average weekly weight loss for Full Meal Replacement: Women 2-4 lbs., Men 4-6 lbs.
- Exercise is permitted on the program



# 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

# Potential Exclusions

- <18 years old
- Type 1 DM
- Pregnant or breastfeeding
- Active eating disorder
- Active substance use disorder
- Surgery within the last 3-6 months (including soft tissue, bones or joints)
- Active diabetic foot ulcers
- Cancer requiring radiation treatment
- Unmanaged mental illness (i.e. depression with suicidal ideation)
- Myocardial infarctions within the last 3 months
- Renal insufficiency
- Advanced liver disease
- Long-term corticosteroid therapy

**Questions?** Reach out to our medical team



# Meal Replacement Products



## Numetra

### 800 calories daily

- **Shakes:** Chocolate, Strawberry, Vanilla, Mocha
- **Soups:** Creamy Chicken and Tortilla
- **Bars:** Caramel Cocoa, Cinnamon, and Fudge Graham

**Lactose or gluten intolerant? Contact our medical staff to review your specific needs.**



## Nutrimed

### 500 calories daily

- **Shakes:** Chocolate, Mocha, Wild Berry, Vanilla
- **Soups:** Creamy Chicken and Tomato
- **Bars:** optional (does increase plan calories)
- Vegan option available in Chocolate and Vanilla





## Full Meal Replacement

- 500-800 calories daily
- Five meal replacements daily
- No additional food
- At session 16, add protein and vegetables
- Best for those with at least 40 pounds to lose
- Likely option for those with Type II Diabetes



## Modified Meal Replacement

- 700-1000 calories daily
- Five meal replacements daily
- Additional protein serving and vegetables that you purchase and prepare yourself
- Best for those with at least 30 pounds to lose



## Partial Meal Replacement

- 1100-1400 calories daily
- Four meal replacements daily
- 400-600 calories of additional meals and snacks that you purchase and prepare yourself
- Best for those with at least 20 pounds to lose

- Online and in-person class options
- Weekly Classes Focus on self-awareness building, habit development, emotional awareness, coping skills and more
- Includes 10-session Maintenance/Nutrition course upon completion of meal replacements plus lifelong Booster Program support

- Online classes only
- Focused on nutrition, fitness, and mindfulness
- Includes lifelong Booster Program support

# Three Program Options:

- Full Meal Replacement
- Modified Meal Replacement
- Partial Meal Replacement

## Program basics:

- Week to week programs
- Stay on meal replacements as long as you and the medical team feel is best
- Weekly classes
- Weekly medical clinic visits
- Bi-weekly labs



# Program Overview

## Orientation Session



- Learn about program options
- Complete pre-program paperwork

## Program Registration



- Lab work
- EKG Visit
- Medical clearance
- Enrollment Consultation
- Initial SECA Body Composition

## Classes and Medical Supervision



- Weekly sessions
- Weekly clinic visits
- Bi-weekly lab draws
- Continue these until you reach goal weight
- Then, gradually transition back to food
- Option: Solutions or Mindfulness Program or BLAST

## Maintenance Program (Full/Modified Program Only)



- Start once you are off meal replacements
- 10 weekly sessions + orientation
- Nutrition and exercise focused

## Long term Support



- Repeat SECA Body Composition
- Booster educational sessions
- Support group
- Multiple virtual nutrition and exercise programs available

# Weekly Classes

- 90-minute, group sessions
- Same group and instructor each week
- Meal replacements start at Session 2

## Full/Modified Program

- Online or in-person
- Classes offered online Monday-Thursday in the morning, afternoon, and evening
- In-person classes offered Monday-Friday mornings

## Partial Program

- Online only
- Monday evening, Tuesday morning and Tuesday evening



# Weekly Clinic Visits

- Weekly check-ins are required at a Positive Choice clinic on the same day as your class
- Your initial appointments will be at the KP Garfield Specialty Center
- Satellite locations are available for weekly check-ins, no appointments required
- 20-40 minute visit time depending on time and location

## Our Clinic Locations and Hours:

Garfield

**Monday – Thursday**

7:30 am - 4:30 pm

*12-1 pm lunch*

San Marcos

**Monday & Tuesday**

7:30 am - 4:30 pm

*12:30-1:30 pm lunch*

Otay Mesa

**Wednesday**

9:00 am - 4:30 pm


*12:30-1:30 pm lunch*

Bostonia

**Thursday**

9:00 am - 4:30 pm

*12:30-1:30 pm lunch*

	KP Members	Non-members
<b>Pre-program Medical Fees</b>	<ul style="list-style-type: none"> <li>• Lab work (co-pay)</li> <li>• EKG Visit (co-pay)</li> <li>• Medical Clearance Visit (co-pay)</li> </ul>	<ul style="list-style-type: none"> <li>• Lab work</li> <li>• EKG Visit</li> <li>• Medical Clearance Visit</li> </ul> <p style="text-align: right;">} \$342</p>
<b>Pre-program Enrollment Fees</b>	<p>\$325</p> <p> <i>Waived for April and May registrations!</i></p>	
<b>Program Fees</b>	<p><b>Full and Modified Program</b> \$185/week (\$100 Week One)</p>	
<b>Includes Meal Replacements, Classes, Medical Supervision, Labs</b>	<p><b>Partial Program</b> \$175/week (\$100 Week One)</p>	
<b>Long Term Support</b>	<p><b>Full/Modified Program</b> 10-week Maintenance Program and Lifelong Booster Program \$500 (<i>\$125 due weeks 3, 5, 7, and 9</i>)</p> <p><b>Partial Program</b> Lifelong Booster Program \$150 (<i>\$75 due weeks 3 and 5</i>)</p>	

# Additional Details

<b>Travel</b>	No out-of-country travel permitted; in country travel ok, > 2 weeks must be cleared by staff
<b>Alcohol</b>	Not allowed or safe on meal replacements – automatic withdrawal from program if using alcohol
<b>Participating with friends and family</b>	Friends and family are not permitted to attend the same weekly class in the full/modified program
<b>Attendance</b>	Attendance is expected for weekly classes, clinic check-ins, and prompt payments are required (automatic withdrawal will occur)
<b>Tax Deductions, Reimbursements, Healthcare Savings Accounts</b>	We can provide letter of medical necessity, save your receipts.



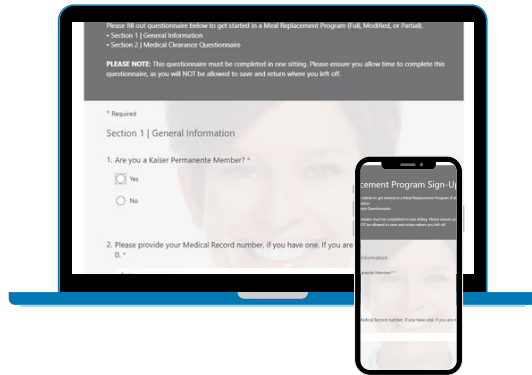
# Remote Meal Replacement Pilot Program

- Expected start in late May 2024
- Must wait to start until it launches
- All care is done remotely
- Meal replacements are delivered to your home and remote scale is used
- Full/Modified Program; Wednesdays 4 p.m.
- Must live in the San Diego area
- Must be comfortable with technology
- Mark “Remote Program” on your form if interested



# Ready to sign up?

1



**Complete the questionnaire in the chat**

2



**We'll call you in 3-5 business days**

3



**Complete labs, EKG & medical clearance visits**

When you no longer have questions, you are free to leave

Leave



# Healthy Balance Program

- Sixteen, 60-minute weekly group sessions focused on nutrition, fitness and healthy habits.
- Nutrition plan focused on vegetables, fruits, healthy fats, high fiber grains, beans, and healthy protein foods.
- No fee for Kaiser Permanente members
- \$160 for non-members
- In person and online class options

**Call 858-616-5600 to enroll**

# Slim Down Online Program

- 1:1 program with a nutrition and fitness professional
- Structured nutrition plan
- 2 meal replacements daily
- Four, 30-minute appointments
- Focus on fitness, nutrition, self-care and goal setting strategies
- \$375; members and non-members
- Includes 8 boxes of meal replacements

**Call 858-616-5600 to enroll**



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



**Questions?**

# Sign Up from Our Website



Home > Meal Replacement Weight Loss Program Orientation >

## Meal Replacement Weight Loss Program Orientation

### How to log in to class:

- On the day of your appointment, you will receive a text and email 15 minutes before the session with the link to join. KP Members can also join through their kp.org appointment center.
- Please download the Zoom app prior to your visit (you do not need an account to join).
- When you join you will be in a "waiting room" until the instructor starts the class.
- Need tech help? Call 1-844-800-0820 4:30 am until 7 pm. Monday – Friday
- If you did not receive a link to join class, call 858-616-5600 for assistance.

FORMS TO BEGIN THE MEAL REPLACEMENT PROGRAM (PASSWORD REQUIRED)

DOWNLOAD OUR PROGRAMS OVERVIEW

At the orientation you will receive the password to access this form to begin the Meal Replacement Weight Loss Program. Once we receive your form, we will contact you within 3-5 business days to schedule your next steps.



Password is "start"

Visit  
[PositiveChoice.org/Orientation](https://PositiveChoice.org/Orientation)