

Welcome!

HELLO!

We will begin shortly.

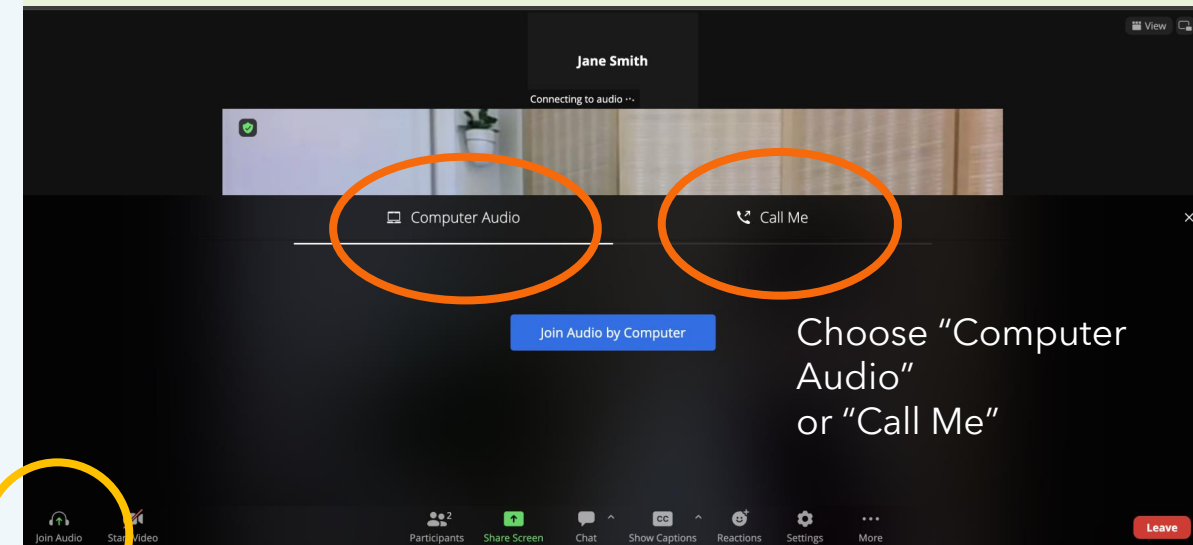


Use the Zoom mobile or desktop app.

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

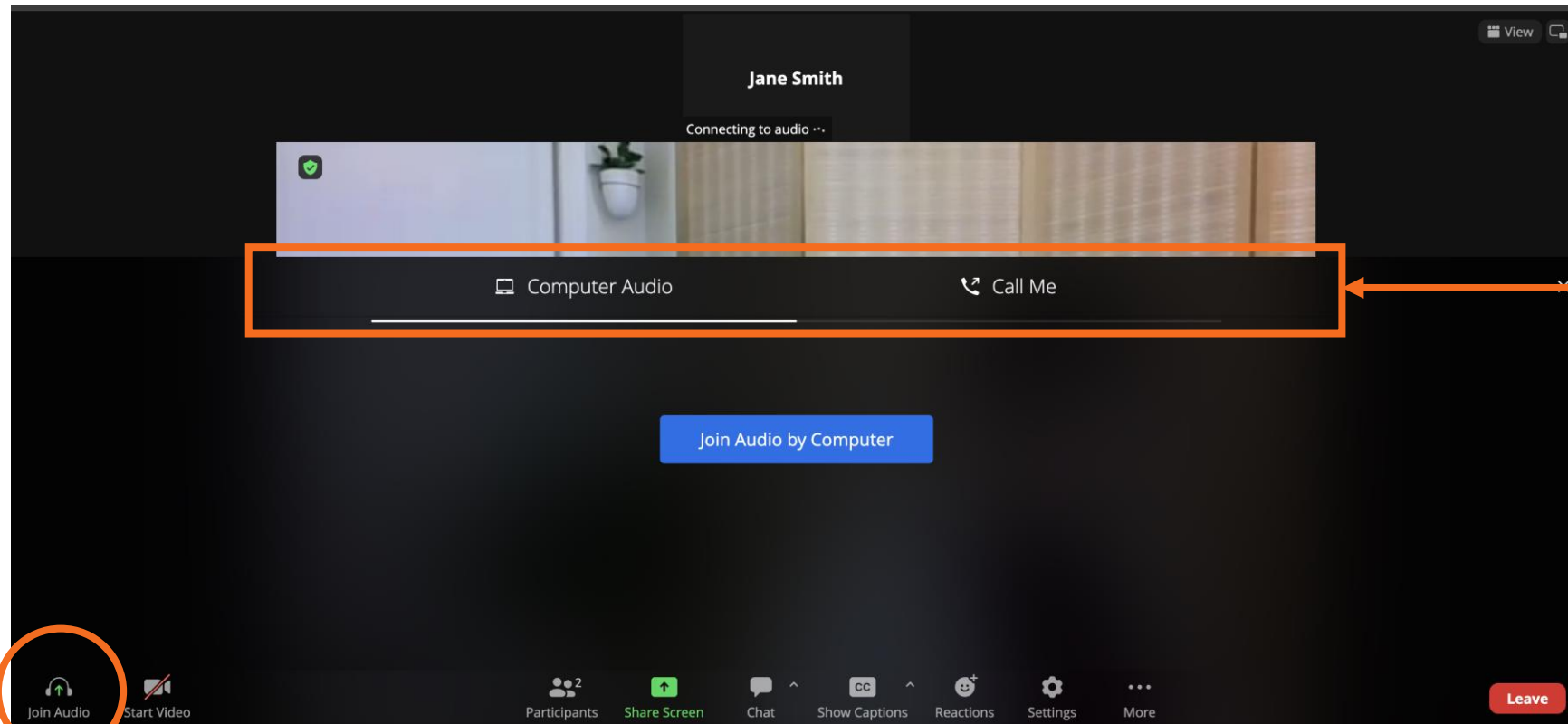
Please turn on your camera and microphone to say hello!

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

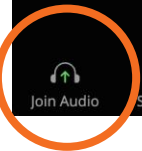


Can't hear? Join Audio

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



1





Click "Join Audio"

2



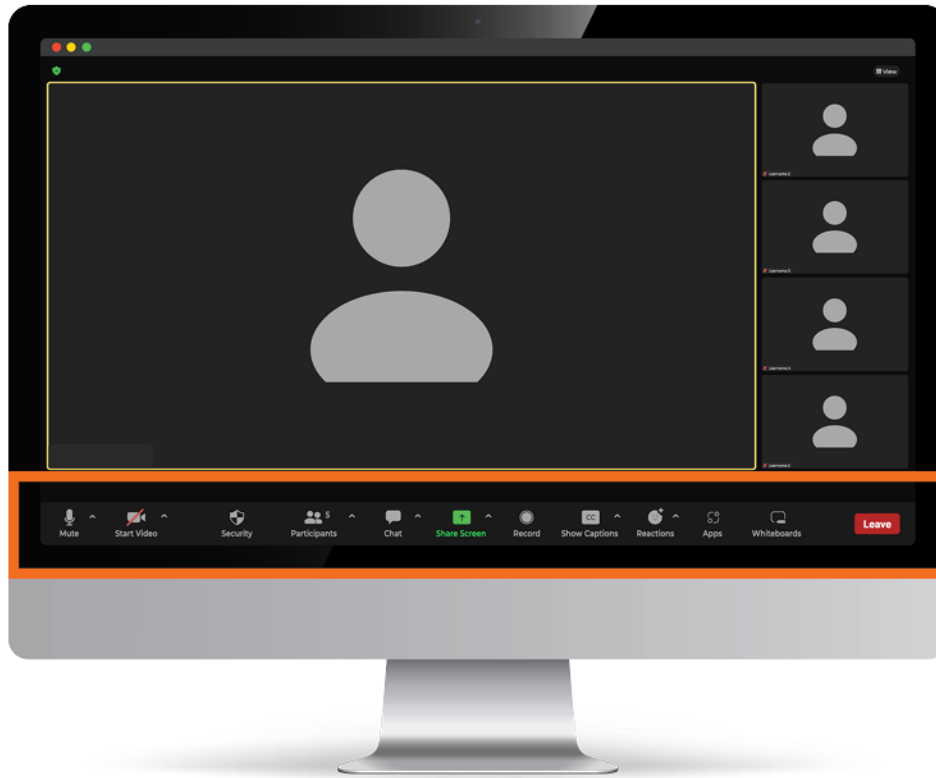
Choose an audio option

Participant Experience

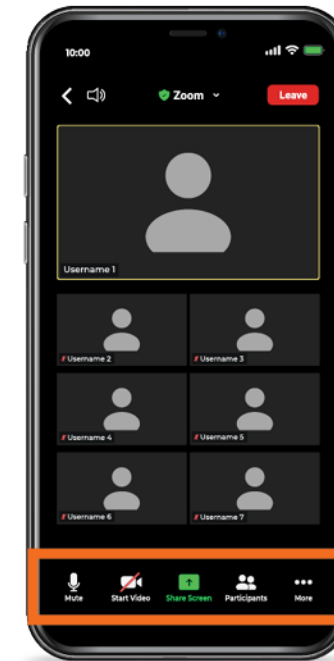
 Mobile			 Desktop/Laptop	
App	Web Browser		App	Web Browser
✓	✓	Chat	✓	✓
✓		Poll	✓	
✓		Reactions	✓	✓
✓		Whiteboards	✓	
✓		Virtual Backgrounds	✓	✓

(for example, Safari)

Controls toolbar



Desktop



Smartphone

Participating in Zoom



Your microphone



Your camera



Chat window



Closed captions



Share reactions



Raise hand



Leave

Controls toolbar

Your microphone and camera

» Click or tap on icon



Mute

on



Unmute

off

» Click or tap on icon



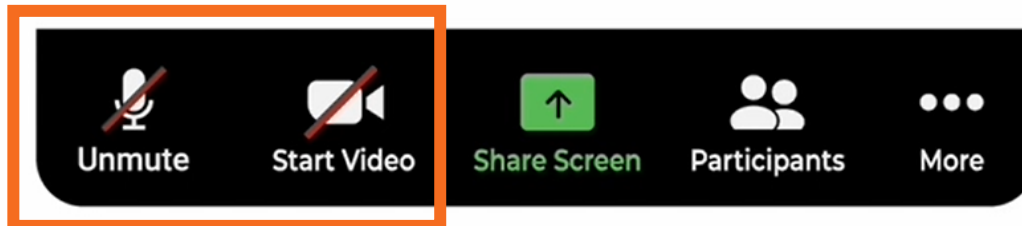
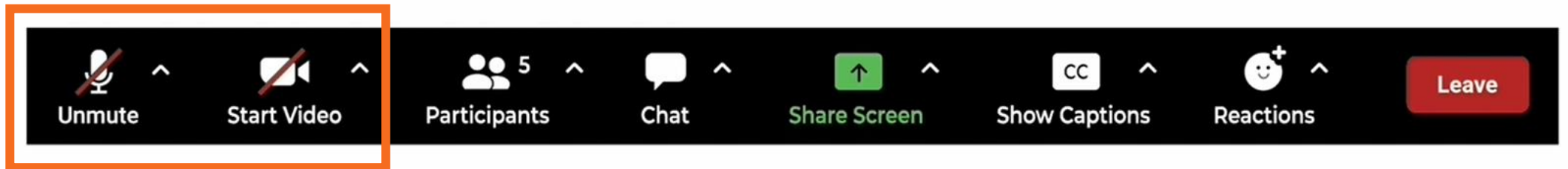
Stop Video

on



Start Video

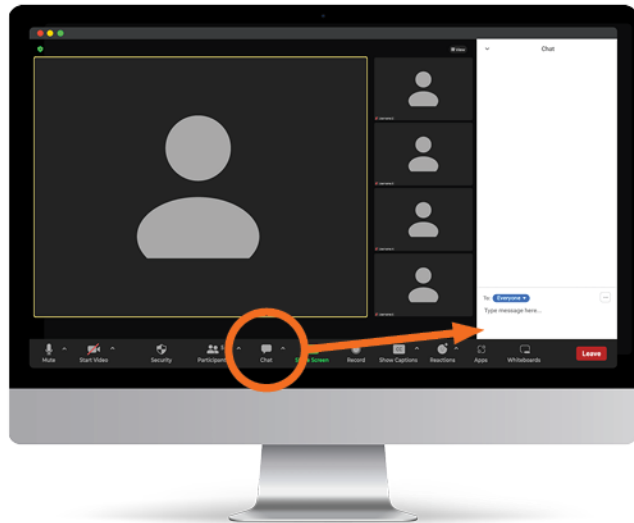
off



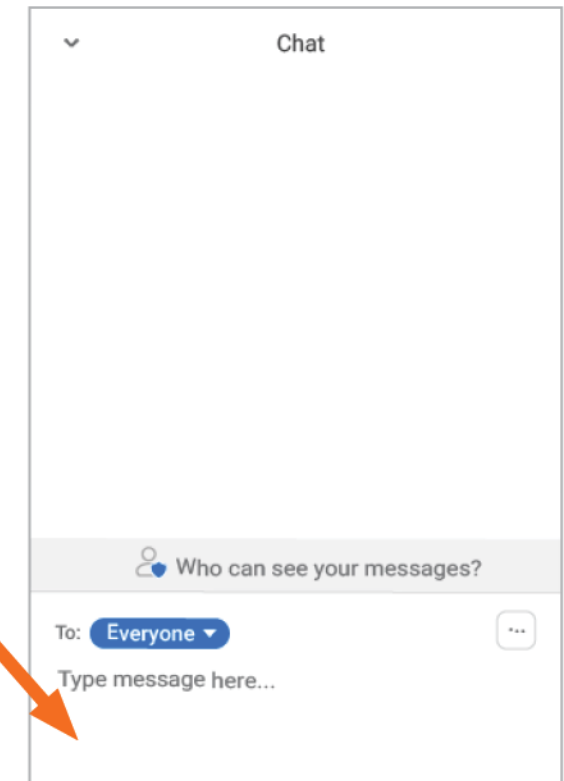
Controls toolbar

Chat (desktop or laptop)

1 Click on  to open the chat window



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



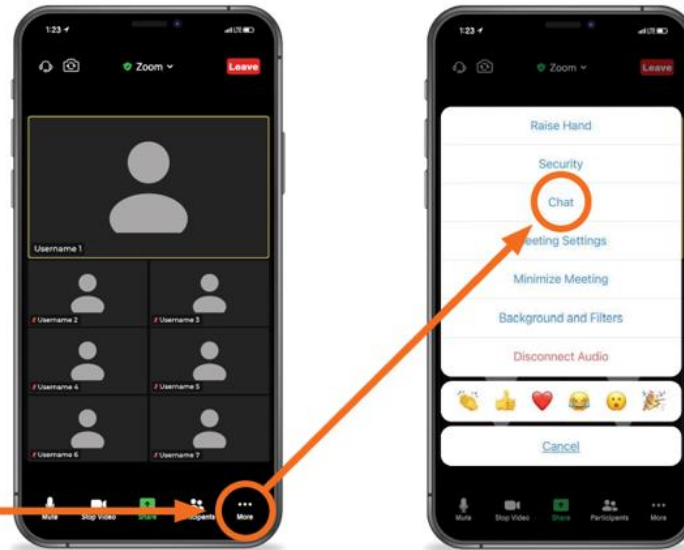
Controls toolbar

Chat (iOS or Android)

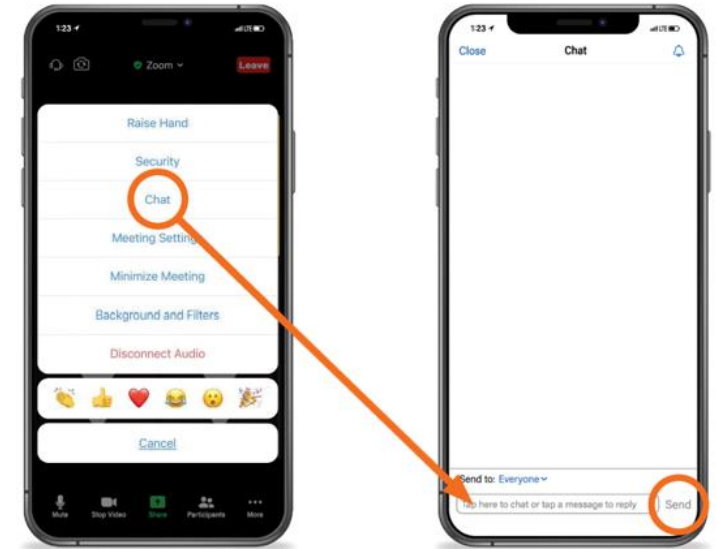
1 Tap 

OR

Tap **More**,
then tap **Chat**

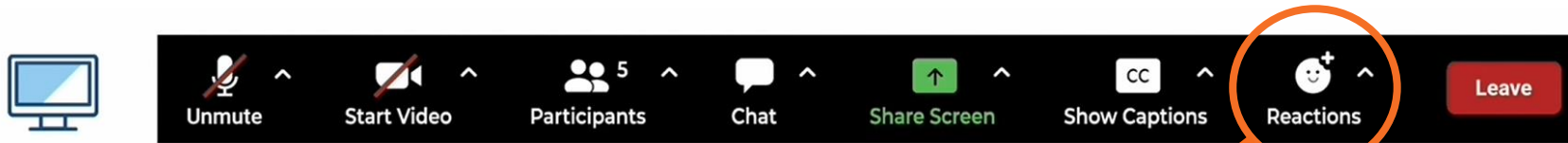


2 Type your message,
then tap **enter** or **return**

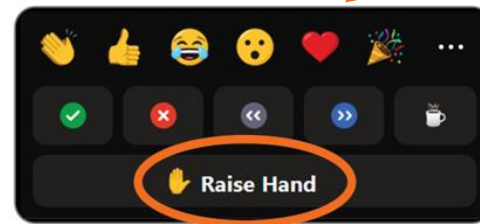


Controls toolbar

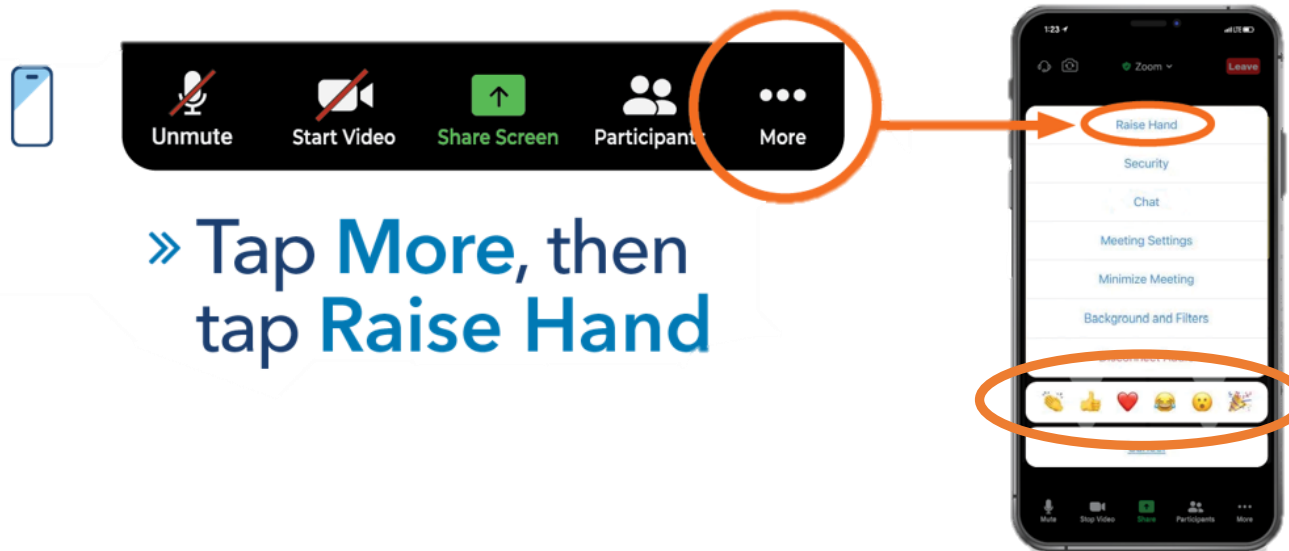
Raise your hand or share your reactions



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



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



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

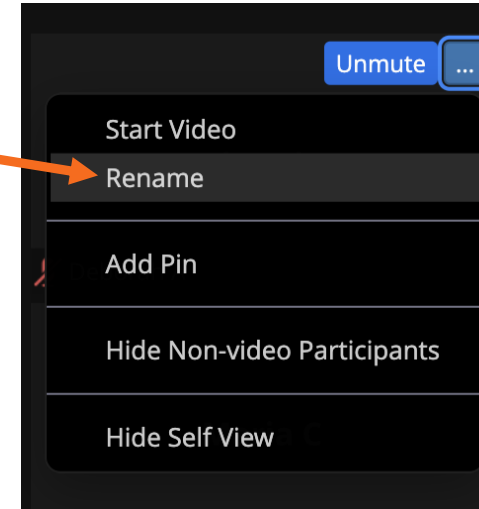
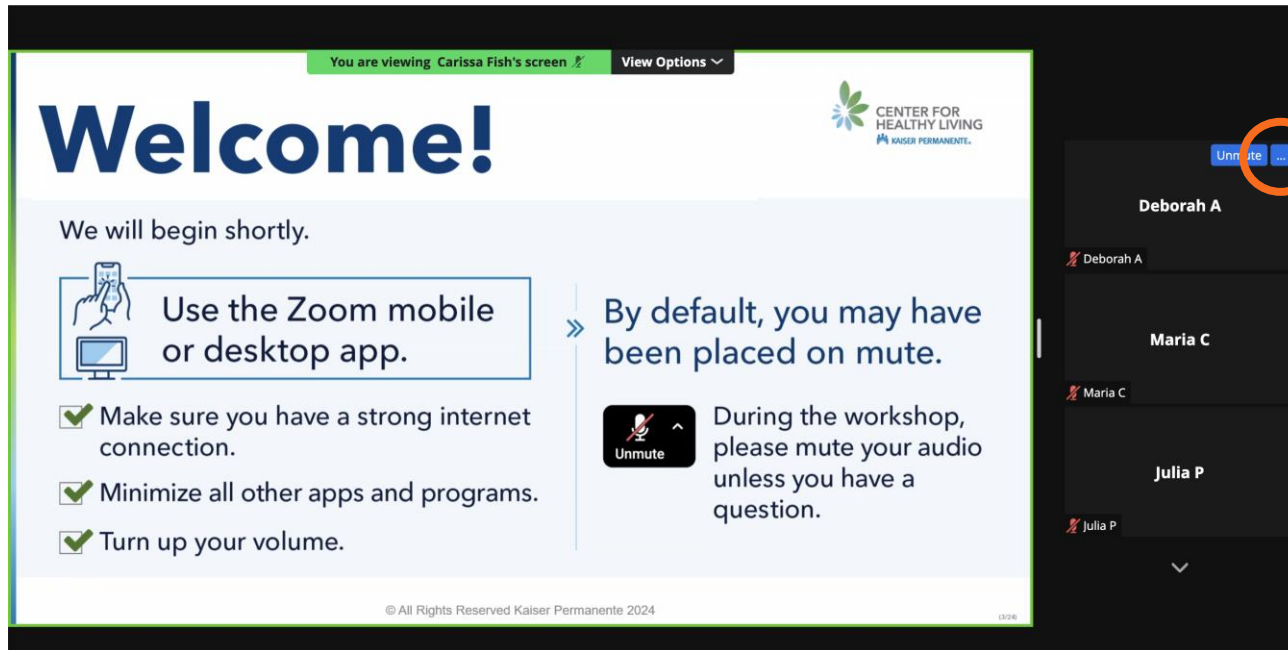
» Tap **More**, then tap an emoji

Controls toolbar

Closed captions and leave workshop

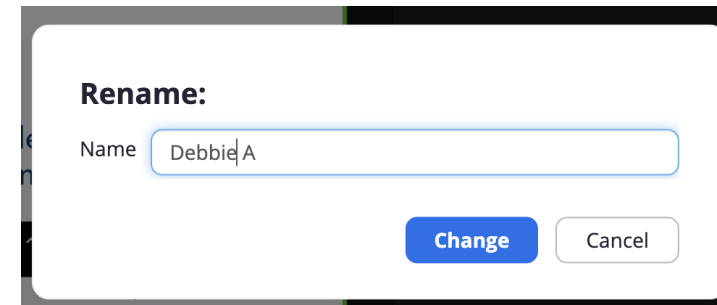


How to change your name



» Choose **Rename** and enter your preferred name

» Hover over your video or square with your name, then click on "..."



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.

Visit positivechoice.org

The screenshot shows the website's header with a green bar containing 'ESPAÑOL', social media icons for Instagram, Facebook, and YouTube, and the phone number '858-616-5600'. Below this is the logo for 'POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER' and 'thrive SAN DIEGO, CA'. A purple button labeled 'BOOKSHELF' with subtext 'Online Classroom Links Registered Participants Only' is also visible. A blue navigation bar includes links for 'Home', 'Weight Loss', 'Mind/Body', 'Nutrition & Fitness', 'Center 4 Healthy Living', 'Calendar', and 'Contact'. The main content area features a large banner for 'WEIGHT LOSS OPTIONS' with the tagline 'You can do it! We Can Help!' and a 'Learn more' button. Below the banner is a grid of eight category tiles: 'Mindfulness' (with a brain diagram), 'Weight Loss' (with a measuring tape), 'Fitness' (with dumbbells and a towel), 'Healthy Eating' (with a grocery bag), '4 Busy Families' (with fruit), 'Biofeedback' (with a colorful abstract background and the text 'just breathe'), 'Programas en Español' (with a plate of food), and 'Tech Support' (with a laptop and smartphone). A yellow circle highlights the 'Tech Support' tile.

Zoom Help:
1-844-800-0820
Monday-Friday
4:30 AM - 7 PM

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.



Full Meal Replacement

- 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

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

Additional Details

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

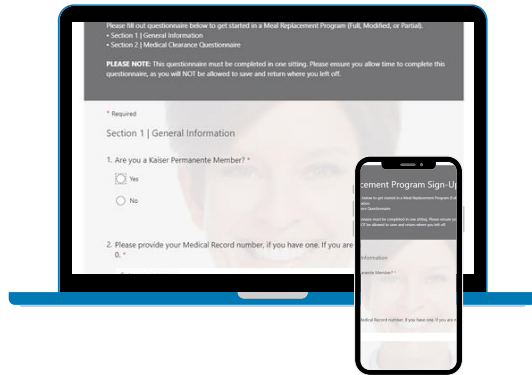


Remote Meal Replacement Pilot Program

- 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



Questions?

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

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