



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



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



POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



thrive
SAN DIEGO, CA



OUR MEAL REPLACEMENT PROGRAMS

Using nutritionally-complete prescription shakes, soups, and bars to replace the food you currently purchase and prepare, provides you with a structured eating plan, supporting weight loss. We monitor your progress while you work with our experienced team in group-based classes each week. This comprehensive program includes long-term programming for lifelong success.

BOOSTER PROGRAM INCLUDED:

- Lifelong support after meal replacements
- Designed to help you maintain results
- Online workshops led by our highly skilled team
- Over 10+ classes to choose from each month
- Relevant nutrition, fitness, and stress management focused topics offered at no additional cost

Program Options:

Meal Replacement Program

- 3 meal plan level options
- Flexible fitness plan
- 3 meal replacements daily
- Weekly classes
- Lifelong support
- Monthly payments
- Fully virtual program

NEW!

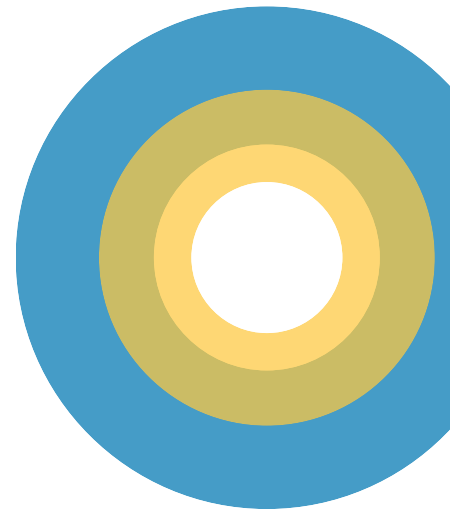
Medically-Supervised Program

- 5 meal replacement daily
- 800+ calories per day
- Some plans include additional food
- Weekly classes
- Medical visits and labs
- Lifelong support
- Weekly payments
- In person or virtual programs

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

MEAL REPLACEMENT PROGRAM

A convenient, affordable meal replacement option. Using 3 meal replacements per day combined with a nutrition-packed diet, you can achieve your wellness goals. We offer structured meal and fitness plans and weekly coaching to reduce the guesswork so you can transform your habits for lifelong success. The real magic occurs in our weekly group sessions where you receive professional guidance and peer-to-peer mentorship. Continue your progress in our long-term Booster Program that includes workshops and support groups centered around your most requested topics.



Learn more at:

www.positivechoice.org/mealreplacements

Program Fees

	KP Members
Enrollment Fee Includes enrollment visit and materials	\$75
Monthly Fee One month supply of meal replacements and weekly classes plus shipping fees and our Booster Program included	\$360 per month



[LEARN MORE](#)



MEDICALLY-SUPERVISED PROGRAM

DETAILS:

- Very low and low-calorie plans
- Week-to-week program; no contracts!
- Medical supervision and labs included
- Weekly online or in-person classes
- Pick up your weekly meal replacement supply at Garfield, Vista, Bostonia, or Otay Mesa
- **Receive a pre- and post-program body composition analysis**

KEY BENEFITS:

- Improved blood sugars
- Improved blood pressure
- Reduced cholesterol
- Improved fatty liver
- Reduced pain and inflammation
- Reduced hunger and increased energy

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
Pre-program Medical Fees	<ul style="list-style-type: none"> • EKG (co-pay) • Labs (co-pay) • Medical Clearance Visit (co-pay) 	\$342
Enrollment Fee Program enrollment, materials, pre- and post-program body composition analysis	\$325	
Weekly Fee Meal replacements, classes, medical supervision, labs	\$185/week	
Maintenance Program Fee	\$500* (includes maintenance classes and lifelong Booster Program)	

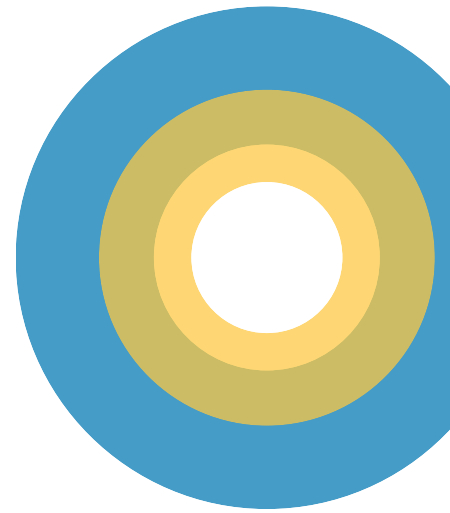
*Payment plan available

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



REMOTE MEDICALLY-SUPERVISED PROGRAM

Seeking medical supervision without a weekly clinic visit requirement? We offer a new medically-supervised, remote meal replacement program option that ships products to your door, simplifies your overall payments, monitors your health through an app, Bluetooth scale, video visits with our staff, and uses your local lab. Currently available for participants in the San Diego service area.



Learn more at:

www.positivechoice.org/remoted

Program Fees

	KP Members
Pre-program Medical Fees	EKG (co-pay) Labs (co-pay) Medical Clearance Visit (co-pay)
Enrollment Fee Includes enrollment, materials, plus: body composition scale, blood pressure cuff, MHJ app, tape measure, your first week of meal replacements, shipping fees	\$140 when you book your appointment \$300 at your visit
Weekly Fee Meal replacements, classes, medical supervision, labs, plus shipping fees, Maintenance Program, Lifelong Booster Program included	\$225
Maintenance and Booster Program Fees	\$500 Included

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



ADDITIONAL OPTIONS

Call 858-616-5600 to enroll today



ONLINE OR IN PERSON HEALTHY BALANCE PROGRAM

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

DETAILS:

- Online or in-person classes
- 16 topic-specific sessions
- Group-based education
- Follow up with Wellness Coaching by phone



LEARN MORE

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

ONLINE OR IN PERSON ADDITIONAL SERVICES

Positive Choice offers a number of individual and group-based nutrition, fitness, stress management, and other wellness related services. Visit our website and YouTube channel to learn more!



LEARN MORE

FOLLOW US



@positivechoice



Watch fitness, nutrition, meditation, cooking videos and more!

Hear from KP experts on a variety of wellness topics on our Positive Choice Podcast



@positivechoiceKP



@positivechoice

Stay up to date with our latest services and get health and wellness information

Our Programs At A Glance

PROGRAM DETAILS	MEAL REPLACEMENT	MEDICALLY SUPERVISED	REMOTE MEDICALLY SUPERVISED	HEALTHY BALANCE
Online or In Person	Online	You Choose	Online	You Choose
Group Based	✓	✓	✓	✓
Meal Replacements Included	3 daily	5 daily	5 daily	Optional purchase
Average Expected Weight Loss	1-2 lbs/week (W) 2-3 lbs/week (M)	2-4 lbs/week (W) 4-6 lbs/week (M)	2-4 lbs/week (W) 4-6 lbs/week (M)	Up to 4% over 16 sessions
Type of Plan	Structured meal and fitness plan	Medically supervised, 800+ calories/day	Medically supervised, 800+ calories/day	Education Only
Program Length	Month to month	Week to week	Week to week	16 weeks
Cost	\$360/month <small>Additional fees apply</small>	\$185/week <small>Additional fees apply</small>	\$225/week <small>Additional fees apply</small>	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 4 p.m.

Register at positivechoice.org or call 858-616-5600



[LEARN MORE](#)

