



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





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



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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:

Clinical Meal Replacement 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)

Lifestyle 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!

CLINICAL MEAL REPLACEMENT PROGRAM

DETAILS:

- Designed as a 16-week program to get you started
- Transition to our Lifestyle Program as a next step
- Very low and low-calorie plans for those with at least 30 pounds to lose
- Week-to-week payments; no contracts!
- Medical supervision and labs included
- Choose between an online or in-person program
- *In-person program available at Garfield, Vista, Bostonia, or Otay Mesa locations. In-person participants receive a pre- and post-program body composition analysis*
- Lifelong "Booster" follow up program is included

KEY BENEFITS:

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

Program Fees

	KP Members	Non-Members
Pre-Program Medical Fees	• EKG (co-pay) • Labs (co-pay) • Medical Clearance Visit (co-pay)	\$342
Enrollment Fee Program enrollment, materials	\$325	
Weekly Fee Meal replacements, classes, medical supervision, labs	\$200/week	

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



LIFESTYLE 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

To enroll, schedule an Enrollment Visit.
Call 858-616-5600 or scan the QR code to schedule.



LEARN MORE

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 1:1 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



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

Our Programs At A Glance

PROGRAM DETAILS	CLINICAL MEAL REPLACEMENT	LIFESTYLE MEAL REPLACEMENT	HEALTHY BALANCE
Online or In Person	You Choose	Online	You Choose
Group Based	✓	✓	✓
Meal Replacements Included	5 daily	3 daily	Optional purchase
Average Expected Weight Loss	2-4 lbs/week (W) 4-6 lbs/week (M)	1-2 lbs/week (W) 2-3 lbs/week (M)	Up to 4-7% over 1 year
Type of Plan	Medically supervised, 800+ calories/day	Structured meal and fitness plan	Education Only
Program Length	Week to week 16-weeks	Month to month As long as needed	16 weeks + 6 month 1:1 coaching
Cost	\$200/week \$75 enrollment fee	\$360/month Enrollment fees apply	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](#)

