

HEALTHY BALANCE

PROGRAM INFORMATION



Welcome and thank you for joining Healthy Balance! Congratulations on taking this important step in your health journey. We're excited to support you along your way!

Healthy Balance is a weight management and diabetes prevention program that promotes healthy eating, daily habits, and getting active. Your facilitators are Kaiser Permanente weight management professionals trained in nutrition, behavior change, fitness, motivational interviewing, and group facilitation.

The Centers for Disease Control and Prevention has recognized Kaiser Permanente Southern California for this diabetes prevention program. For information, visit dprp.cdc.gov/Registry.

STRUCTURE AND TIME COMMITMENT



- Healthy Balance is a 1-year weight management and diabetes prevention program. During the first 6 months, you will attend 16 weekly group sessions in person or online. During the second 6 months, members will begin working with a personal coach by phone about once a month to help you stay on track.



- Your first session will be an introduction that covers key concepts and helps you prepare for the next 15 weeks of the program. You will then choose a day and time to attend weekly sessions that will include 60 minutes of interactive topics on healthy eating, daily habits, and physical activity. We encourage you to participate in an optional short thrive break, so come dressed ready to move!



- If you are enrolled in the in-person sessions, please arrive 15 minutes before each session to check in. If you are enrolled in the online sessions, log in 15 minutes before each session.



- You will weigh in and report your physical activity minutes at every in-person session. If you are joining online, you will be asked to keep track and privately report your weight and physical activity minutes at every session. Tracking physical activity and weight helps you see your progress and helps you change lifestyle habits over time.





- Losing 5 to 7% of your body weight (10 to 14 pounds for someone who weighs 200 pounds) and being active for 150 minutes each week can help you reduce the risk of type 2 diabetes and lower blood pressure and cholesterol.* Making changes in your food choices, daily habits, and physical activity can help you reach your personal goals. Results of the program may vary among participants and cannot be guaranteed.



- In the second 6 months of the Healthy Balance program, you will work with your own personal wellness coach by phone to support reaching your lifestyle goals. Members may have up to 6 calls within 6 months. Please call Wellness Coaching by Phone at **1-866-862-4295** Monday through Friday, 7 a.m. to 7 p.m. to make an appointment. Wellness Coaching by Phone is available to Kaiser Permanente members only.



- Making a lifestyle change is an ongoing process. We encourage you to stay with the program for the full year. This will help you stick to new habits and avoid slipping back into old habits. If you haven't reached your goals in the first half of the program, your wellness coach can help you succeed.

CONFIDENTIALITY



- To protect all participants' privacy, please do not bring guests or children with you. Recording anyone or anything heard in the workshop, taking pictures or screenshots, and posting any images of participants online are not allowed. You may not share any private health information heard in the group with anyone outside of the workshop. Your own and the other participants' protected health information is confidential (private) under the law.

FEES



- There is no cost to Kaiser Permanente members. Nonmembers may be able to attend the workshops for a fee. Wellness Coaching by Phone is available to Kaiser Permanente members only.

Visit kp.org/healthybalance for more about the program.

* Diabetes Prevention Program Research Group, "Long-Term Effects of Lifestyle Intervention or Metformin on Diabetes Development and Microvascular Complications Over 15-Year Follow-Up: The Diabetes Prevention Program Outcomes Study," *The Lancet Diabetes & Endocrinology*, November 2015, p.866.

Healthy Balance is no cost to Kaiser Permanente members. For nonmembers, services described here are provided on a fee-for-service basis and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of the Southern California Permanente Medical Group. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under members' health plan benefits.