



CENTER FOR  
HEALTHY LIVING

 KAISER PERMANENTE®

# HEALTHY BALANCE

A WEIGHT MANAGEMENT PROGRAM



# GETTING HEALTHY CAN BE FUN & EASY



Losing just 5 to 10% of your body weight (10 to 20 pounds for someone who weighs 200 pounds) can reduce the risk of type 2 diabetes.<sup>1</sup>

## PROGRAM DETAILS

Learn and practice new ways to help you lose weight and feel great through Healthy Balance.

Attend 16 weekly group sessions online or in person where available, and get support to help you achieve your goals.

Receive monthly personal phone coaching to boost long-term success.

Available at no cost to most Kaiser Permanente members.<sup>2</sup>

<sup>1</sup> 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.

## WHAT YOU WILL LEARN



### HEALTHY EATING

Explore new ways to enjoy your favorite meals.



### DAILY HABITS

Create new healthy long-term habits.



### GETTING ACTIVE

Find daily activities to boost physical fitness.

**"Diets will come and go. But living a healthy, balanced life will last me for the rest of my life."**

-Tammy S., Healthy Balance participant

# READY TO GET STARTED?

Visit [kp.org/healthybalance](https://kp.org/healthybalance) or call your **local area** to learn more about our weight management resources.

Antelope Valley	661-726-2200
Baldwin Park	626-851-5820
Downey	562-622-4150
Kern County	661-664-3846
Los Angeles	323-783-4472
Orange County	714-748-2714
Panorama City	818-375-3018
Riverside/Moreno Valley	1-866-883-0119
San Bernardino County	909-609-3000
San Diego Positive Choice	858-616-5600
South Bay	310-816-5464
West Los Angeles	323-421-2710
Woodland Hills	818-719-4305

<sup>2</sup> Some members may have a cost share for health education classes, including Healthy Balance. Check your *Evidence of Coverage* or contact Member Services at 1-800-464-4000 (TTY 711), 24 hours a day, 7 days a week (closed holidays), for benefit information about your plan's coverage of health education programs, workshops, and classes.

Services described here are provided to nonmembers on a fee-for-service basis and nonmembers 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.

Photos show models, not actual program participants.