

Weight Loss for Better Health

Did You Know...

- Almost 65% of adults in the United States are overweight or obese.
- Excessive weight increases the risk of:
 - high blood pressure
 - high cholesterol levels
 - diabetes
 - heart disease
 - stroke
 - gallbladder disease
 - osteoarthritis
 - sleep apnea and other breathing problems
 - cancers of the endometrium, breast, prostate and colon.
- Research shows that even small decreases in weight help to improve health and reduce risk of disease.
- Weight loss helps improve:
 - blood pressure
 - glucose and insulin levels
 - triglyceride levels
 - LDL and HDL cholesterol levels
 - quality of life

Exciting News for SelectHealth Members!

SelectHealth will reimburse \$200 per calendar year for either the individual counseling or group class provided at any Intermountain facility. To be eligible for the reimbursement you must meet attendance goals and achieve lifestyle changes. For more information contact your local facility listed in this brochure.

Individual Counseling Contact Information:

Alta View Hospital	801.507.3253
American Fork Hospital	801.855.3461
Bear River Valley Hospital	435.716.5329
Cassia Regional Medical Center	208.677.6577
Delta Community Medical Center	435.864.1820
Dixie Regional Medical Center	435.688.4184
Fillmore Community Medical Center	435.743.5591
Heber Valley Medical Center	435.654.2500 Ext. 2371
Intermountain Medical Center	801.507.3253
LDS Hospital	801.507.3253
Logan Budge Clinic	435.792.1682
Logan Regional Medical Center	435.716.5329
McKay-Dee Hospital Center	801.387.7854
Sanpete Valley Hospital	435.462.4620
Sevier Valley Hospital	435.893.0570
Utah Valley Regional Medical Center	801.357.8143
Valley View Medical Center	435.868.5335

Group Course Contact Information:

Intermountain Medical Center	801.507.3253
Dixie Regional Medical Center	435.688.4184
LDS Hospital	801.507.3253
Logan Regional Medical Center	435.716.5329
McKay-Dee Hospital Center	801.387.7854
Utah Valley Regional Medical Center	801.357.8143



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The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org/weight

Patient and Provider Publications 801.442.2963 IHCEDHH012 – 02/09



THE Weigh to Health Nutrition Program

A Weight Loss Program provided by:



The Weigh to Health Nutrition Program is for overweight adults who desire to lose weight and improve health.

The program is:

- **Evidence-based.** The program is based on current research and uses the most effective methods for losing weight and keeping it off.
- **Standardized.** The same curriculum is used at all participating Intermountain Healthcare facilities.
- **Credentialed.** The program is provided by Registered Dietitians with training and experience in weight management.

The program provides two options: individual counseling or a weight management group course.

Total payment is required in advance for either the individual or group course option.

Pre-registration is highly encouraged as class enrollment is limited and classes fill quickly. To pre-register, please contact your local facility listed in this brochure.



Individual Counseling

5 individual sessions with a Registered Dietitian trained in weight management.

The program:

- Includes an initial in-depth session and four follow-up sessions
- Evaluates diet, lifestyle history, nutrition status, knowledge, and habits.
- Helps each person create a personal plan for nutrition, activity, and behavior changes.
- Encourages goal setting and tracking to achieve overall weight loss goals.
- Provides a support system and regular reporting structure to encourage success.
- Schedules appointments at your pace to teach and reinforce the skills and knowledge necessary to implement the personal plan.
- Offers language translation assistance at most facilities.

Cost: \$225

Includes the 5 sessions described above. Additional follow-up sessions may be recommended but would be billed separately.

Available at all Intermountain Healthcare facilities.

Weight Management Group Course

12 weekly 90-minute classes taught by a Registered Dietitian with guest instructors such as an exercise specialist, behavior specialist, and chef.

During classes, participants will:

- Develop personal goals using eating style and exercise assessment tools
- Learn to manage nutrition, activity, and behavior
- Track intake and exercise

Topics include:

- Nutrition
- Exercise
- Meal planning
- Emotional eating
- Label reading
- Positive self-talk
- Intuitive eating
- Behavior modification
- Stress management
- Shopping on a budget
- Healthy cooking
- Eating out
- Physical activity ideas with each class

Cost: \$225

Includes the 12 weekly sessions described above and 12 monthly follow-up classes.

See the back panel of this brochure for a list of Group Course locations.