



DID YOU KNOW:

- Over 65% of adults in the United States are overweight or obese.
- Excess 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

INDIVIDUAL COUNSELING CONTACTS:

Alta View Hospital	801.507.3253
American Fork Hospital	801.855.3461
Bear River Valley Hospital	435.716.5329
Cassia Regional Medical Center	208.677.6288
Delta Community Medical Center	435.864.5591
Dixie Regional Medical Center	435.251.3789
Fillmore Community Medical Center	435.743.5591
Heber Valley Medical Center (Ext. 2371)	435.654.2500
Intermountain Medical Center	801.507.3253
LDS Hospital	801.507.3253
Logan Regional Medical Center	435.716.5329
McKay-Dee Hospital Center	801.387.7854
Park City Medical Center	435.658.7119
Riverton Hospital	801.507.3253
Sanpete Valley Hospital	435.462.4620
Sevier Valley Hospital	435.893.0569
Utah Valley Regional Medical Center	801.357.8143
Valley View Medical Center	435.868.5335

GROUP COURSE CONTACTS:

Dixie Regional Medical Center	435.251.3789
Intermountain Medical Center	801.507.3253
LDS Hospital	801.507.3253
Logan Regional Medical Center	435.716.5329
McKay-Dee Hospital Center	801.387.7854
Park City Medical Center	435.658.7119
Riverton Hospital	801.507.3253
Utah Valley Regional Medical Center	801.357.8143
Valley View Medical Center	435.868.5335



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This information is not a substitute for professional medical advice, nor should it be used to diagnose or treat a health problem. Please consult your healthcare provider if you have questions or concerns.

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Intermountain®
Healthcare

The **Weigh to Health**®

NUTRITION PROGRAM

More health information is available at intermountainhealthcare.org/weight.

The Weigh to Health[®]

NUTRITION PROGRAM

ABOUT THE PROGRAM:

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.

TWO OPTIONS:

- Individual counseling
- Group course

PAYMENT AND REGISTRATION:

Total payment is required in advance for either the individual counseling or group course options. Pre-registration is highly encouraged as class enrollment is limited and classes fill quickly. To pre-register, please contact your local facility listed on the back of this brochure.



INDIVIDUAL COUNSELING

PROGRAM COMPONENTS:

The individual program consists of the following **5 personalized sessions** with a Registered Dietitian trained in weight management:

- **An initial in-depth session** to evaluate your diet, lifestyle history, nutrition status, knowledge and habits.
- **4 follow-up sessions** to help you create and follow a personal plan for nutrition, activity, and behavior changes.

PROGRAM FEATURES:

- Encourages goal setting and tracking to achieve overall weight loss goals.
- Provides a support system and regular reporting structure to encourage success.
- Allows you to schedule appointments at your pace to reinforce the skills and knowledge needed to implement your personal plan.
- Offers language translation assistance at most facilities.
- Available at all Intermountain facilities (see contact numbers on back panel).

COST: \$225

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

EXCITING NEWS FOR SelectHealth MEMBERS!

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

GROUP COURSE

PROGRAM COMPONENTS:

The group course consists of **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, plus 12 monthly follow-up sessions at no extra charge. See the back panel for a list of locations.

