

HEALTHY BALANCE

PROGRAM INFORMATION



Healthy Balance is a weight management and diabetes prevention program that promotes healthy eating, daily habits, and getting active. Facilitators are weight management professionals trained in nutrition, behavior change, fitness, motivational interviewing, and group facilitation. One or more facilitators will see you in a group at each session. Our staff does not offer medical or psychological counseling. Please feel free to ask for more details about any facilitator’s training or experience.

Following is information about your participation in Healthy Balance. A staff member can explain the details of your enrollment.

STRUCTURE AND TIME COMMITMENT



- Healthy Balance is a one-year weight management and diabetes prevention program that includes ongoing weekly in-person or online group sessions and monthly personal coaching by phone.
- During the first 6 months, you will attend 16 weekly group sessions. During the second 6 months, you will speak with a personal coach by phone about once a month to help you stay on track.
- If you miss three weekly sessions in a row, we cannot guarantee your spot on the same day and time as your previous track when you return.
- If you are being treated for specific medical conditions, taking medications, or following a special diet to treat a condition, we advise you to talk to and be cleared by your primary care doctor before joining any weight management program.
- If you are enrolled in the in-person sessions, arrive 15 minutes before each session to check in. If you are enrolled in the online sessions, log in 15 minutes before each session. Sessions last 75 to 90 minutes and focus on a specific topic about healthy eating, daily habits, or getting active.
- You will weigh in and report your physical activity 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 at every session.

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- Losing 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 and lower blood pressure and cholesterol. To reach your weight loss goal, it's important to put time and effort into your own self-care. Making changes in eating, daily habits, and physical activity can help you lose weight and keep it off. However, there is no guarantee of weight loss or expected results from the program.
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- You can choose to take part in the group discussions as much or as little as you want. The goal is to stay engaged by speaking up or simply listening for new ways to manage your weight.
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- After you complete the group sessions, call 1-888-680-2348 to schedule your first monthly personal coaching appointment. These 15- to 20-minute phone calls will give you the chance to talk to a coach one-on-one for the rest of the year.
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- Making a lifestyle change is an ongoing process. Staying in the program for the full year is important to 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 coach can help you succeed.
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- Space is limited. If you choose to re-enroll in Healthy Balance, you may do so if space is available. Otherwise, you will be added to the wait-list. Participants will be enrolled in the order they were added to the wait-list.

CONFIDENTIALITY



- By joining the workshop and speaking, you are reporting your own protected health information to others in the group and to the staff. Your own and the other participants' protected health information is confidential (private) under the law.
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- To protect all participants' privacy, you agree to not bring guests or children with you. You may not record anyone or anything heard in the workshop, take pictures, or post any images of participants online. You may not share any private health information heard in the group with anyone outside of the workshop.

FEES

- There is no cost to most Kaiser Permanente members attending the workshop. Non-members may be able to attend for a fee.

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.