



## WHAT CAN The Weigh to Health® program DO FOR YOU?

The Weigh to Health® program can help you feel better every day. You'll learn how to make changes in your life that will help you **lose extra weight**. Those same changes will also help you:

- Have more energy
- Be more confident
- Reduce stress
- Sleep better
- Be more active
- Manage chronic health conditions



## The **Weigh to Health**® program

*The curriculum is the same at all participating Intermountain Healthcare facilities. These include:*

American Fork Hospital	801-855-3461
Cassia Regional Medical Center	208-677-6288
Intermountain Medical Center	801-507-3253
LDS Hospital	801-507-3253
LiVe Well Center Salt Lake City	385-282-2700
LiVe Well Center St. George	435-251-3793
Logan Regional Medical Center	435-716-5310
McKay-Dee Hospital Center	801-387-7854
Riverton Hospital	801-507-3253
TOSH-The Orthopedic Specialty Hospital	801-507-3253
Utah Valley Regional Medical Center	801-357-8143
Valley View Medical Center	435-868-5335

### NUTRITION COUNSELING

Your insurance may also cover one-on-one nutrition counseling with a registered dietitian for diet-related conditions (separate from The Weigh to Health® program). No referral is necessary. SelectHealth members are eligible for five one-on-one outpatient visits per year at no cost. Nutrition counseling is offered at all the facilities listed above, as well as:

Alta View Hospital	801-507-3253
Bear River Valley Hospital	435-716-5310
Delta Community Medical Center	435-864-5591
Fillmore Community Medical Center	435-743-5591
Garfield Hospital	435-676-1258
Heber Valley Medical Center	435-657-4311
LiVe Well Center Park City	435-658-7880
Sanpete Valley Hospital	435-462-4620
Sevier Valley Hospital	435-893-0569

For more information visit  
[www.intermountainhealthcare.org/nutrition](http://www.intermountainhealthcare.org/nutrition)



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## The **Weigh to Health**®

LIFESTYLE & WEIGHT MANAGEMENT  
PROGRAM



# The Weigh to Health®

## LIFESTYLE & WEIGHT MANAGEMENT PROGRAM



## WHY CHOOSE The Weigh to Health®?

The Weigh to Health® program is for overweight adults who want to lose weight, improve their health, and feel better every day. This program works because:

- **It's personal.** You choose the classes that will help you learn the skills and knowledge you need.
- **It's professional.** The program is led by registered dietitians with training and experience in weight management. Guest lectures are taught by professionals with other areas of expertise.
- **It's proven.** The program is based on the latest evidence about what works for weight loss and for making changes that last a lifetime.

## REGISTRATION

To register, please contact your local facility listed on the back of this brochure. Orientation classes are generally offered once a month. Pre-registration is required as enrollment is limited and classes fill quickly.

## WHY THIS PROGRAM WORKS

The Weigh to Health® helps you learn not just what to do, but how to do it. You'll learn:

- How to shop for and prepare food that's nutritious, affordable, and great tasting.
- How to be more physically active — and enjoy it.
- How to set goals you can reach.
- How to keep track of your own diet, exercise, and weight in a way that will help you reach your weight loss goals.

We provide plenty of support to help you reach your goals, including:

- Regular consultation with your program instructor.
- A group exercise program at many facilities (for an additional fee).

## COST

- There is no cost for most SelectHealth members who:
  - Have a BMI of 30 or above OR a diet-related chronic condition (high cholesterol, coronary artery disease, diabetes, and others)
  - AND complete the program as outlined at right. SelectHealth members who do not complete the program will be billed for the sessions they attended.
- Certain SelectHealth plans and programs do not cover Weigh to Health. Contact SelectHealth at 1-800-538-5038 to verify your coverage.
- Those with other insurance may need to pay the cost of the program before starting. Check with your insurance provider.
- Those without insurance need to pay the cost before starting. Call The Weigh to Health® program for more information.

## WHAT'S THE PLAN?

You'll attend 12 (or more) sessions over a 6-month period, including:

- **An orientation class**, where you'll learn about basic principles of weight management.
- **Two 30-minute sessions** with a dietitian trained in weight management. Together you'll review your personal plan for weight loss and discuss:
  - Your main motivation for and barriers to weight loss right now
  - Your personal strategy for healthier eating and exercise
  - Your current weight management goals
- **At least nine 90-minute group classes.** Based on your personal plan, you choose the classes that will help you most. Topics include:
  - Physical activity (required)
  - Behavior change (required)
  - Meal planning
  - Emotional eating
  - Label reading
  - Positive body image
  - Intuitive eating
  - Stress management
  - Shopping on a budget
  - Healthy cooking
  - Eating out
  - And more! Contact individual facilities for a complete list of classes.
- Classes are taught by a registered dietitian, with guest instructors such as exercise and behavior specialists and chefs.