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

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

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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.