

Thriving Resources Weight Management

Telephonic Wellness Coaching

Talk with a specially trained Wellness Coach to manage weight, eat healthier, and move more. Wellness coaching appointments are done by phone, takes 15 to 20 minutes, flexible to work around your schedule, referral not needed, and there's no cost to members. Appointments are available Monday through Friday, 7:00 a.m. to 7:00 p.m. and Saturday, 8:30 a.m. to 5:00 p.m. To book an appointment call 866-251-4514.



Online Shortcuts

A Healthier Weight



Medicina de estilo de vida



Clinical Health Educators

Our Clinical Health Educators (CHE) are available to provide individual counseling to support your weight management needs. They will help with goal setting, action plans, and provide accountability. An appointment with a CHE is free of charge for members and no referral needed.

Healthy Weight Online Classes

Join an instructor-led class from your own computer or smart device. All Kaiser Permanente members over age 18 are welcome to attend with registration. There is no fee for the class, and you'll need a computer or smart device, internet connection and a phone (landline or cell) to participate.

Healthy Weight 1 (HW1)

Lose weight, develop healthy habits, and gain confidence. This 6-session online class covers the latest weight loss research, ways to build healthy meals, how to become more physically active, and how to support yourself while managing weight.

Healthy Weight 2 (HW2)

After completing Healthy Weight 1, continue your weight management journey with our Healthy Weight 2 class series. This is a 9-session online class that builds on what was learned in Healthy Weight 1 and provides more tips and tools to maintain a healthy weight.

To schedule an appointment or class, contact the Health Education Department at 559-912-6490 or 559-324-5030.



More Online Shortcuts

Wellness Resources Podcasts



Fitness Deals



Lifestyle Medicine

Transform your life in 12 weeks and achieve a healthier, happier you! Lifestyle Medicine can help prevent, manage, or even reverse certain ongoing conditions, like type 2 diabetes or high blood pressure. In this 12-week series, you'll learn to combine nutrition, physical activity, restorative sleep, stress management, supportive social connections, and avoidance of risky substances to improve your health and live well.

To schedule, call 559-912-6490 or 559-324-5030.

Medical Weight Management Program

If you have at least 40 pounds to lose and want to make lasting changes to improve your health, increase energy, and live your life to its fullest, then the Kaiser Permanente Medical Weight Management Program may be the answer for you!

This program can help you lose weight rapidly and safely, while fostering good eating habits that last.

Program includes:

- Comprehensive health assessment
- Early results with low-calorie meal replacements
- Medical supervision for safe weight loss
- Weekly group sessions for motivation
- Learn behavioral skills to develop new and long-lasting healthy habits
- Long-term weekly support

This is a **fee for service program, no referral needed and is open to the community. For more information, join one of our complimentary online orientation sessions. To register for an orientation, call the Medical Weight Management Program at (559) 324-5292 or visit the web page using the QR code.



****Fee:** services and products described here are provided on a fee-for-services basis. These services are not provided or covered by Kaiser Foundation Health Plan Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. ("Health Plan"), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connections with these services. These services are not meant to replace any covered services under the Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.