A holistic approach to weight management

With Kaiser Permanente, you have access to high-quality care, highly skilled physicians, and online resources to help you maintain a healthy weight and a healthy lifestyle.

Your care team will work closely with you to build a personalized plan for success and monitor your progress.

Weight management is an ongoing process, but we're here to help you to meet your goals and stay on track.

Visit kp.org/weight-management.

Your personalized treatment plan may include in-person and online evidence-based care options:

- Diet and exercise
- Mental health support
- Self-care resources
- Social health resources for food, housing, and more
- Classes and coaching*
- Medical treatment

*Some classes may have a fee.

KAISER PERMANENTE®