



PACE YOURSELF TO KEEP A HEALTHY WEIGHT

Call a wellness coach today

With fast food around every corner, it can be tough to keep your calories from running out of control. How do you stay on track to maintain a healthy weight? Now you can keep going strong – just by making a phone call.

At Kaiser Permanente, we offer Wellness Coaching by Phone to help you push past any hurdles that may keep you from reaching your health goals. If you need motivation and encouragement to help you stick with a healthy eating plan, you can get the support you need through one-on-one conversations with a wellness coach. When it comes to making healthy strides, our dedicated coaches have got your back.

Take the first step

Call **1-866-862-4295**, Monday through Friday, from 7 a.m. to 7 p.m. Pacific time, to make an appointment. Coaching is offered in English and Spanish and no referral is needed. Wellness coaching is available at no charge to Kaiser Permanente members.¹

VICTORY!

For Louise, sticking to 1,200 calories a day was difficult. Her coach, Jessica, helped her over the hump. Louise says, "She taught me that if I can't stay with 1,200 calories all 7 days of the week, then for now, let's try for 4. This isn't a temporary fix; it's a lifestyle change that's for the long haul." Seven months after working with Jessica, Louise lost 70 pounds.²