

## **Kickstart Weight Management Program**

**\*\*Next session to begin the last week of September 2017-November 2017.**

### Eligibility

Any employee and/or adult (18+) dependent can participate as long as they are members of BCBS Select Medical Benefits Program.

### Overview

The program is designed to help individuals seeking weight loss and lifestyle behavior changes, who are in need of a “kick start” and support. The 3-month program focuses on nutrition and exercise to improve wellness and health status, and promotes long-term lifestyle modification.

### Services

- Consultation/Physical with a Nurse Practitioner or Physician Assistant
- Biometric Screening/Labs
- Nutrition Counseling with a Registered Dietitian
- Exercise Tracking and Goal Setting
- Weekly Challenges
- Interactive Group Education Sessions:
  - Welcome; Beginning Weight Loss
  - Building an Exercise Routine
  - Meal Planning
  - Food Swaps and Subs
  - Grocery Store Tour
  - Intuitive Eating
- Access to a Registered Dietitian for ongoing support (by phone or email, including specified times in evenings and on weekends)

### Fitness

There are extraordinary benefits of physical activity on obesity and the development of associated chronic diseases.

One of Kickstart’s goals is to promote physical activity as part of the healthy lifestyle and help participants find new and affordable ways to participate in physical activities. Each participant will be given an activity tracker, which will help determine how much time and energy you spend doing physical activity on a daily basis. This will help you set and meet goals. The tracker will be issued to the participants as a loan. **If you damage it or**

**lose it the full cost of the tracker will be deducted from the participant's paycheck.**

### Nutrition

Each participant will attend nutrition counseling with the dietitian. These sessions are provided to assist in developing healthy eating habits and facilitating behavior change by identifying barriers and setting goals. The initial session will last approximately 40 minutes, while follow-up sessions will be 20 minutes. Follow-up sessions are required approximately four times during the program. The dietitian will assess current diet and eating habits, provide education, and facilitate goal setting.

### What to Expect

Each participant must be seen by a medical provider for clearance to begin the program. A biometric screening/labs will be completed. Following the initial appointment, you will meet with the dietitian for nutrition counseling. Follow-up appointments will be required as well. Six group education sessions, weekly challenges, and exercise goals will be included. Small rewards will be given for meeting goals and completing challenges.

There are a limited number of spots available for this 3-month program. To enroll please contact the main onsite clinic or contact Katie Massman, [katie.massman@cmcss.net](mailto:katie.massman@cmcss.net).