

Weight Management Programs in Your Area

Read about suggested guidelines for an effective weight management program for healthy adults by the American Heart Association in the link below and then choose a program from the list below
<http://www.americanheart.org/presenter.jhtml?identifier=1226>

* Please note that this is only a partial list of weight management programs and is for informational purposes only.

- **Salem Hospital**

Program Name: *Better Choices for Health*

Duration and Cost: 10 weeks for \$170 or 5 weeks for \$90

Additional Information and Registration: Call the Educational Services Department at (503) 561-5639.

- **Sacred Heart Medical Center (Eugene)**

Program Name: *Healthworks* at Oregon Heart & Vascular Institute

Duration and Cost: 10-weeks for \$249

Additional Information and Registration:

<http://www.peacehealth.org/apps/course/CDetails.asp?CourseID=668>

- **Kaiser Permanente**

Program Name: *Weight Management*

Duration and Cost: 5 Week (\$95 non-members and \$65 members)

Additional Information and Registration:

<http://my.kp.org/nw/pebb/benefits.html> (Member Handbook)

<http://www.kaiserpermanente.org/healthyliving> (Classes, Weight Watchers Discount, Etc.)

- **Regence BlueCross BlueShield Weight Mgt. Discount**

Program Name: *Jenny Craig*

Duration and Cost: Free 30 day trial available

Additional Information and Registration:

<http://www.or.regence.com/member/discountServices/management/index.html>

<http://www.or.regence.com/pebb/plan> (Member Handbook)

<http://www.myregence.com> (Health Programs)

<http://www.or.regence.com/careenhance> (Library, Online Advice Nurse)

<http://www.or.regence.com/member/discountServices> (Discount services (including gym))

Advicare Condition Management
Regence Health CoachSM

866-782-7241
800 856-8543

- **Providence Health System**

Program Name: *Changing from the Inside Out*

Duration and Cost: 10 weeks for \$180 (\$55 for Providence Health Plan members)

Additional Information and Registration:

<http://www.providence.org/PEBB/benefits.aspx> (Member Handbook)

<http://www.providence.org/pebb/tools.aspx> (Classes, Etc.)

http://www.providence.org/health_plans/members/aware_and_healthy/weight_mgmt.htm (Weight Management Tools)

http://www.providence.org/health_plans/members/aware_and_Healthy/Wellness_and_Value_added/LifeBalance.htm (LifeBalance discounts on recreational and cultural businesses such as health clubs, professional instructors, retail stores, equipment rental facilities, etc.)

- **Samaritan Select**

Program Name: *Lifesteps*

Duration and Cost: 16 week program (Call 541-996-7135 for more information)

Additional Information and Other Classes:

<http://www.samaritanselect.com/links.html> (Handbook)

<http://www.samaritanselect.com/health-education-and-wellness.html> (Classes)

http://www.samhealth.org/health_info_and_classes/libraries.html (Library)

- **Weight Watchers**

Program Name: *Core Plan or Flex Plan*

Duration and Cost: 10 weeks for \$109

Additional Information and Other Classes:

<http://www.weightwatchers.com/index.aspx>