



Reach your Weight Goals

with a health care team on your side.

Your weight struggles are not a reflection of your will power. At Penn State Health, we know obesity is a complex and chronic condition, but it IS treatable.

With guidance from our medical professionals in managing nutrition, adding physical activity to your schedule, improving sleep and changing common mental patterns, you can achieve your weight loss goals.

If you want to lose weight, have lost weight and want to keep it off or find yourself regaining weight, this program is right for you!



PROGRAM BENEFITS*



CLINICIAN-DIRECTED CARE

- Four visits with an Obesity Medicine Specialist
- Virtual or in-office care
- Custom treatment plan led by board-certified obesity medicine specialists developed based on your unique metabolic and behavioral profile, risk factors and genetics



PRESCRIPTION MEDICATION

- FDA-approved weight loss medication
- Your Obesity Medicine Specialist will recommend medication that is best for you



LIFESTYLE SUPPORT

For \$34 per week you receive:

- Tailored meal plans
- Recipes and food planning guides
- Physical activity suggestions that work with your limitations and interests
- Monthly one-on-one check-ins with a virtual-care nurse
- Regular messages and nudges to help you stay on track

*The cost of the physician and medication is extra, billed to insurance.