Your weight is more than a number on a scale – it’s how you feel every day, inside and out. Adding on extra weight can drag down your mood, energy, and self-confidence. At the same time, it may raise your risk for many serious health conditions.

If you want to lose or maintain your weight, Kaiser Permanente is here to help. We invite you to participate in our fun and engaging “Don’t WEIGHT to Get in Shape” program to help manage your weight and maintain a healthy lifestyle.

Visit our Don’t Weight to get in Shape web page at kp.org/eutf/getinshape to start your journey to a healthier you!
All State and County employees, retirees, and dependents ages 18 years and older are invited to participate in our 2021 Don’t WEIGHT to get in Shape program at no additional cost

Visit kp.org/eutf/getinshape and register for any of our fun and exciting challenges and webinars.
Continue reading to see how to begin your journey to a healthier you!

Talk with your primary care doctor about your weight

Good health care begins with building a relationship with your personal physician. Your doctor can help play an important role in your weight loss success. An annual visit with your doctor can also help prevent future health issues and keep you up-to-date on your preventive screenings.
Save time and book online at kp.org/appointments.

Establish your baseline BMI and why it matters

Your Body Mass Index (BMI) can help you determine whether you’re at an unhealthy or healthy weight. In general, the higher your BMI, the greater your risk of developing serious weight-related health problems.
To calculate your BMI, visit kp.org/bmi.

Fitness tips to help you on your weight loss journey

Make exercise a regular part of your life. Being active helps you stay healthy and control your weight. We recommend you:
• Choose activities that you enjoy.
• Talk to your doctor if you haven’t been very active or have health concerns.
• Visit kp.org/exercise for fitness programs to help you thrive.

Nutrition tips to eat well and stay healthy

Learn how to choose foods wisely for:
• Increased energy
• Improved mood
• Better weight control
• A strong line of defense against many diseases
Visit kp.org/nutrition for more healthy nutrition tips.
Participate in our 6-week wellness challenges

Be inspired to get on the path to a healthy weight through our wellness challenge campaigns. Our challenges provide a sense of adventure and motivation as you learn to practice healthy behaviors.

- **Right This Weigh**: Take the first step toward achieving and maintaining a healthy weight—along with improving your mood and energy level—with this challenge that begins July 12, 2021. It will help inspire you to track simple, everyday habits that lead to a healthy weight for life.

- **Well Traveled**: As you log your physical activities and healthy behaviors, you’ll enjoy a virtual country-wide tour and visit new attractions along the way with this challenge that begins September 13, 2021.

Attend our fun and engaging webinars open to all State and County employees and retirees

- **Fitness Your Way**: Increasing physical activity is one of the most important things you can do to improve overall physical health and well-being. We’ll help you identify and practice strategies to fit movement into your day.
  - **Tuesday, August 17, 2021, at 11:30 a.m.**
  - **Thursday, August 26, 2021, at noon**

- **Preparing Healthy Meals**: Creating meal plans and making healthy choices when dining out takes planning. Learn practical tips and identify healthier options to eat healthy at home and on-the-go.
  - **Thursday, October 21, 2021, at 11:30 a.m.**
  - **Tuesday, October 26, 2021, at noon**

  For Kaiser Permanente members: Health and wellness resources at your fingertips

Good health goes beyond the doctor’s office. Explore some of the convenient Kaiser Permanente health and wellness resources and tools available to Kaiser Permanente members, and choose one that fits your life.

- If you’ve been delaying care or haven’t connected with your doctor in the past year, visit kp.org/getcare and choose from the many convenient ways to get care virtually online, by phone, by video, on our mobile app, or in-person.

- kp.org is your online gateway to great health. When you register using your personal email address, you can securely access many time-saving tools to help you manage the care you get at our facilities. Visit kp.org to schedule routine appointments, view most lab results, refill most prescriptions, and more.

- If you need a little extra support, we offer Wellness Coaching by Phone at no additional cost. You’ll work one-on-one with your personal wellness coach to make a plan to help you reach your health goals. Call a wellness coach today at 808-432-2260.

Visit kp.org/eutf/getinshape to register for the wellness challenges and webinars.
Want to learn more about your plan coverage and benefits? Call our Member Services.

Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 9 a.m. to 1 p.m. (closed holidays)

- **808-432-5250** (Oahu)
- **1-844-276-6628** (toll free from neighbor islands)
- **711** (TTY)

For more information about how you can participate in our Don’t WEIGHT to Get in Shape program, call **808-271-8184**.

A website just for you: [kp.org/eutf](https://kp.org/eutf)

At [kp.org/eutf](https://kp.org/eutf), you’ll find your Kaiser Permanente 2021 health plan materials. You can also connect to our facility and physician directories and learn more about our services.