



Penn Highlands Choose To Lose Weight Management Program

WEIGHT LOSS PROGRAM OFFERED IN STATE COLLEGE

The Choose to Lose program is a six-month weight loss program where patients are supported by a number of healthcare professionals to reach your weight loss goals:

- Physician
- Exercise physiologist
- Dietitian
- Coordinator
- 24-hour hotline

If your Body Mass Index (BMI) is 30 or above, you will qualify for this weight loss program.

Not only will this program help you lose weight, but it will help with your overall health and wellbeing. Many participants in the program have seen a positive impact on their cholesterol, HDL and LDL numbers, as well.

YOU SHOULD EXPECT

Once patients call for an appointment, our team will need to know:

- Your body mass index
- Your primary care physician
- Your phone number and email

After scheduling the appointment, a 20-minute educational video will be provided for you to watch before you meet the physician and team. You are expected to do weekly or bi weekly educational videos or in person/online meetings with staff.

PENN HIGHLANDS INTERNAL MEDICINE

611 University Drive, Suite 212
State College, PA 16801
814-954-4872

www.phhealthcare.org

To learn more, call
Penn Highlands Internal
Medicine at 814-954-4872.

Once in the program, you could expect:

- Monthly visits with the physician
- Weekly or bi weekly educational videos or in person /online meetings with staff
- Exercise plan with an exercise coach

THIS IS A FOUR STEP PROGRAM

1. Screening and introductions
2. Reducing intake
3. Adapting
4. Maintaining

WHAT HAVE OTHERS SAID?

"Choose to Lose is the best weight loss program I have ever found."

"If you are thinking about it, then you need it. Do it!"

"The staff in the office is always there for you."

All insurances are accepted.

