

Taking the First Step

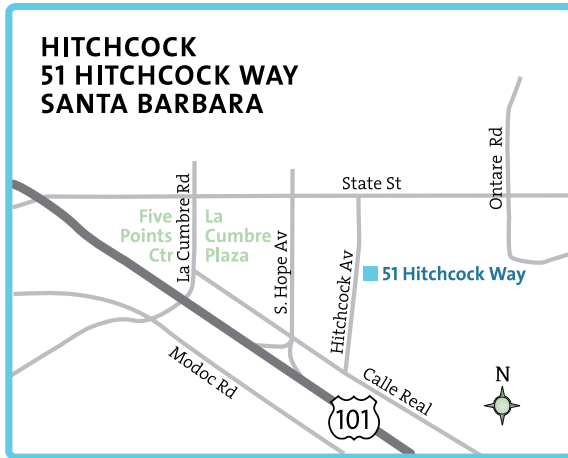
If you are interested in learning more about our weight loss programs, please call us for the date of the next free informational orientation. There is no obligation and we assure you the information you receive will be useful to you in your future efforts to lose or maintain your weight.

The Doctors' Weight Management Program has helped many individuals improve their overall health. We look forward to meeting you and helping you achieve your weight loss goal.

SANSUM CLINIC, HITCHCOCK

THE DOCTORS' WEIGHT MANAGEMENT PROGRAM

51 Hitchcock Way, Santa Barbara, CA 93105
(805) 563-6190, Fax (805) 563-6252



Sansum Clinic is an independent nonprofit healthcare organization providing the full spectrum of quality healthcare in our community.



A Nonprofit Organization
P.O. Box 1200
Santa Barbara, CA 93102-1200

Sansum Clinic is a 501 (c) (3) California Nonprofit Public Benefit Corporation with Clinic locations from Carpinteria to Lompoc and over 150 affiliated physicians, and is accredited by the Institute for Medical Quality.

Rev 2/10.

DOCTORS' WEIGHT MANAGEMENT PROGRAM

A medically supervised and effective behavioral weight management program.



The Doctors' Weight Management Program



More than Just a Diet... We Help You Make Lifestyle Changes

Our Program is Different

The Doctors' Weight Management Program is a medically sound and effective behavioral weight management program. It was developed by a physician and is supervised by our Sansum Clinic physicians.

Our goal is to help you lose weight while teaching you the skills you need to manage your weight successfully long-term.

We Are Staffed by Professionals

Our staff is comprised of health care professionals with expertise and experience in implementing high quality programs in behavioral medicine.

Effective Weight Loss

All of our weight loss options utilize high quality nutritional meal replacements. Mandatory weekly group classes focus on easy ways to lower fat and calories as well as simple strategies to add physical activity and more fruits and vegetables into your daily routine. Participants have a health educator to help them set goals and reach them through a structure of personal accountability and follow-up.

Those enrolled in the Doctors' Weight Management Program can experience significant improvement in their health. Most patients with high blood pressure or diabetes are able to reduce or totally eliminate medications, and patients can dramatically reduce their risk of heart disease and other weight related conditions.

Lose Weight the Way Doctors Recommend

Weight Loss Options

IN CLINIC OPTIONS

Medically Supervised Program

- Promotes rapid and significant weight loss under medical supervision.
- Ideal for patients who want to lose 30 pounds or more or whose health requires medical monitoring.
- A moderate version of this program is also available.

Healthy Solutions

- A moderate weight loss option which includes the use of fruits and vegetables.
- Easy to follow structured plan offered with or without medical supervision.



AT HOME OPTIONS

New HMR @ Home Diet Kits

- These convenient kits include the same HMR weight-loss foods and comprehensive support materials that are used in the clinic program, packaged for at-home dieting.
- Available with or without additional phone support.



Keeping Weight Off

After the weight loss phase of the program, participants attend weekly Maintenance classes where they continue to receive support while learning additional, simple strategies for successful long-term weight management.



The Doctors' Weight
Management Program

Visit us online at:

www.SansumClinic.org/wellness