



Intermountain Weight Management Programs

Intermountain Healthcare® offers classes and nutrition counseling for healthier living and weight management. Courses are available for children, teens, and adults. SelectHealth will reimburse eligible members \$200 of the registration fee upon course completion.

Nutrition Therapy Program for Kids and Teens

Individual Counseling

You and your family attend nine one-on-one sessions with a dietitian.

- A dietitian trained in weight management evaluates your diet, physical activity, eating environment, and nutrition status.
- You schedule appointments at your pace. To complete the program, schedule nine sessions in a 12-month period.
- Topics are personalized to your needs and lifestyle.

Cost: \$425 per family (\$200 reimbursed upon completion)

Group Course

You and your family attend nine group classes with 15 to 20 other people, including kids and their families.

- A dietitian trained in weight management leads the class, which includes presentations, games, and cooking demos. You will participate in different physical activities during some classes.
- Class times and dates are determined by facilities. There are many options to choose from.

Cost: \$225 per family (\$200 reimbursed upon completion)

Courses available at the facilities listed below. To enroll, contact the location nearest you.

Individual Counseling	Group Course	Telephone
Dixie Regional Medical Center	X	435-688-4184
Heber Valley Medical Center		435-654-2500 ext. 2371
McKay-Dee Hospital Center		801-387-7830
Primary Children's Medical Center	X	801-662-5316
Riverton City Hall		801-662-5316
Utah Valley Regional Medical Center	X	801-357-8143



Nutrition Therapy Program for Adults

Individual Counseling

Five individual sessions with a registered dietitian trained in weight management.

- Receive an initial in-depth session to include a lifestyle history and evaluation of current diet, nutrition, knowledge, and habits.
- Create a personal plan involving nutrition, activity, and behavior.
- Attend four follow-up sessions to teach and reinforce the skills and knowledge necessary to implement the personal plan.

Cost: \$225 (\$200 reimbursed upon completion)

Includes the five sessions described above. Additional follow-up sessions may be recommended but would be billed separately and paid by the member.

Group Course

Twelve weekly 90-minute classes taught by a registered dietitian with guest instructors such as an exercise specialist, a behavior specialist, or a chef.

- Develop personal goals using eating style and exercise assessment tools.
- Learn to manage nutrition, activity, and behavior.
- Track intake and exercise.

Cost: \$225 (\$200 reimbursed upon completion)

Includes 12 weekly sessions described above and 12 monthly follow-up classes.

Courses are available at the Intermountain facilities listed below. To enroll, contact the location nearest you.

Individual Counseling	Group Course	Telephone
Alta View Hospital	X	801-507-3253
American Fork Hospital		801-855-3461
Bear River Valley Hospital		435-716-5329
The Budge Clinic®		435-792-1707
Cassia Regional Medical Center		208-677-6577
Delta Community Medical Center		435-864-5591
Dixie Regional Medical Center	X	435-688-4184
Fillmore Community Medical Center		435-743-5591
Heber Valley Medical Center		435-654-2500, ext. 2371
Intermountain Medical Center	X	801-507-3253
LDS Hospital	X	801-507-3253
Logan Regional Hospital	X	435-716-5329
McKay-Dee Hospital Center	X	801-387-7520
Sanpete Valley Hospital		435-283-7596
Sevier Valley Medical Center		435-893-0570
Utah Valley Regional Medical Center		801-357-8143
Valley View Medical Center		435-868-5576

For more information, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.