

LEARN

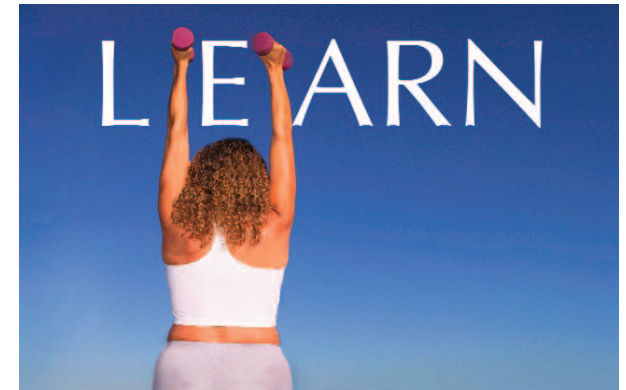
Lifestyles

Exercise

Attitudes

Relationships

Nutrition



LEARN Patient Responsibilities

- Regular physician visits.
- Ownership of lifestyle habits.
- Each session may include any or all of the following:
 - Blood pressure checks.
 - Heart rate checks.
 - Weight checks.
 - Waist circumference.
 - Psychological support.
 - Body composition analysis.

Weight Management
Center

218.237.5757

A non-surgical solution
to weight loss
sponsored by

Weight Management
Center

218.237.5757

LEARN



lifestyles exercise attitudes relationships nutrition

Our non-surgical program has been serving clients since 2005

CHI St. Joseph's Health Weight Management Center sponsors the LEARN program which is designed to incorporate medically-supervised, comprehensive weight management for motivated weight-loss patients over the course of 15 weeks. Classes are facilitated by a registered dietitian, social worker, psychologist, and exercise physiologist.

Outcomes

Since the LEARN program began, our patients have:

- Decreased weight by an average of 14.5 pounds.
- Decreased blood pressure by 10 percent.
- Decreased waist measurement by 2.8 inches.
- Decreased blood sugars by an average of 8.7 points.
- Decreased in body composition by an average of 1.97 percent.

Lifestyles Exercise Attitudes
Relationships Nutrition

218.237.5757

Who qualifies for the LEARN program?

A Weight Management Center LEARN patient must meet the following criteria:

- Have a BMI of 26 or higher.
- Be a COMMITTED weight-loss participant.

Here is what your LEARN Care Pathway will look like:



Program details

- Physician referral is necessary.
- Initial assessments will be completed by a therapist and lifestyle counselor.
- 15-week commitment to group sessions.
- Sessions will consist of components from the LEARN manual, counseling, and tracking measures.
- Session notes and/or participant updates will be forwarded to your primary care provider.

Cost

There is a \$50 fee due prior to your group start date.

A sliding scale fee can be implemented based on income and household size.

You will be billed separately for group counseling.