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# KU WEIGHT WEIGHT MANAGEMENT

## *Program options*

### **5-3-2-1 Plan**

*10-15% weight loss expectation*

- Weekly remote group meetings over zoom for 6 months
  - Led by Health Educator with related master's degree or greater
- Easy meal planning:
  - Pre-portioned meals and options to cook/dine out
- Tailored activity guidance: work towards 225-300 weekly activity minutes

Out-of-pocket costs:

- 6-Month Program (\$510): monthly payment option or 10% off paid in full
- Food: ~\$120-140/week

### **WEL (Weight loss, Exercise, Lifestyle) Program**

*5-7% weight loss expectation*

- Small group counseling visits with a registered dietitian: Bi-weekly for 6 months
- Flexible meal & activity recommendations
- Aim for 150+ exercise minutes per week
- Required nutrition & activity tracking
- Billed directly to insurance, medical monitoring required

### **Individual Nutrition Counseling**

*5-7% Weight Loss Expectation*

- One-on-one counseling visits with a registered dietitian (in-person or telehealth)
- Flexible tailored recommendations for eating and activity
- Variable length in program, start with 6 months
- Billed directly to insurance, medical monitoring required

