

Get  
Smarter.

*Be  
Healthier.*



## Want to be healthier?

Learn a thing or two about cholesterol, weight management and diabetes at the following HealthPartners classes:

- Cholesterol Class • Weight Loss Basics in a Nutshell
- Healthy Weight Loss Strategies • Preventing Diabetes
- Diabetes Education • Prenatal Gestational Diabetes Nutrition
- Insulin Pump Support Groups

See opposite side for class details.

 **HealthPartners**<sup>®</sup>  
Your health. Your partner.<sup>SM</sup>

# Weight Management

## Weight Loss Basics in a Nutshell

Learn weight loss essentials that will help you lose weight: how to calculate your calorie budget, how to strategize to promote change, how to motivate yourself and how to exercise efficiently. \*

- Length:** Two-hour class  
**Where:** Many HealthPartners Clinics  
**When:** Several times throughout the year  
**Cost:** \*\* See below

## Healthy Weight Loss Strategies

Lose weight and keep it off in this intensive long-term program. It's medically approved and led by a registered dietitian and HealthPartners providers with expertise in weight management. You'll get a manual with nutrition information, goal worksheets and a pedometer to help you improve your fitness. Even a small weight loss has been shown to improve your cholesterol levels, blood sugar and blood pressure.

- Length:** Thirteen 90-minute classes  
**Where:** 5-6 HealthPartners Clinics  
**When:** Throughout the year  
**Cost:** \$290

## Diabetes-related

### Preventing Diabetes Class

Lower your risk of developing Type 2 diabetes. You'll learn about staying at a healthy weight, heart-healthy eating and ways to get more physical activity. \*

- Length:** Two-hour class  
**Where:** Many HealthPartners Clinics  
**When:** Several times throughout the year  
**Cost:** \*\* See below

### Prenatal Gestational Diabetes Nutrition Class

This class provides expectant mothers who have a diagnosis of diabetes with a guide to healthy eating and managing good blood sugar control for the best pregnancy outcomes. \*

- Length:** Two-hour class  
**Where:** HealthPartners Riverside, St. Paul and Woodbury Clinics  
**When:** Several times throughout the year  
**Cost:** Free for HealthPartners members

### Diabetes Weight Loss Basics Class

Gain tools you need for losing weight to enjoy a healthier lifestyle with diabetes. You must have already attended a HealthPartners diabetes education class. \*

- Length:** Two-hour class  
**Where:** Many HealthPartners Clinics  
**When:** Several times throughout the year  
**Cost:** \*\* See below



To register for Healthy Weight Loss Strategies or for more information, call **952-967-5120**.

To register for the other classes, call the Appointment Center at 952-967-7616.  
[healthpartners.com](http://healthpartners.com)

## Cholesterol

### Cholesterol Class

Learn to make healthier food choices and lifestyle changes that will lower your cholesterol and lipid levels, and benefit your heart. \*

- Length:** Two-hour class  
**Where:** Many HealthPartners Clinics  
**When:** Several times throughout the year  
**Cost:** \*\* See below

### Diabetes Education Classes

These group sessions are for people who have been diagnosed with diabetes. Topics covered include diabetes self-management such as monitoring, medication and risk reduction, to diabetes eating basics. You must see a HealthPartners registered dietitian or diabetes nurse specialist before attending class. \*

- Length:** Eight hours over 2-3 sessions  
**Where:** Most HealthPartners Clinics  
**When:** Several times throughout the year  
**Cost:** \*\*See below

### Insulin Pump Support Groups

This group is for anyone with diabetes who wants to learn more about managing diabetes with an insulin pump. It's for people already using a pump or thinking about buying one. \*

- Length:** Two-hour sessions  
**Where:** HealthPartners Health Specialty Center 401  
**When:** Six times a year  
**Cost:** \*\*See below

\* *Guest welcome.*

\*\* *Cost is typically \$20, but subject to change. Check with your insurance plan about your coverage and any copays you may have.*