



Weight Loss Surgery Program

Research shows that making changes *before* your surgery helps you be more successful in achieving and maintaining a healthier body weight for life. Prepare now for a healthier lifestyle and brand new you with our weight loss surgery phone course. Our program provides guidance and support while you follow the surgery guidelines from your clinic.

We'll help you design a personal action plan — tailor-made for *you* — to increase your chances for better success after your surgery.

Keys to successful weight management— before and after surgery

- Learn as much as you can about your surgery — and how it will change your life.
- Practice incorporating more activity and exercise in your life — no matter where you are at in your weight loss surgery journey
- Develop and apply positive coping and stress management skills.
- Create a support network of family, friends, your surgical team and our health coaches.

Here is how it works:

- Your surgeon's office will send us a referral, letting us know that you have started the weight loss surgery process. HealthPartners staff will call you to discuss the program and get you started.
- After you register, you'll receive a handbook that provides tools and personal guidance to support your journey through successful weight loss surgery.
- You will talk one-on-one with two health coaches with expertise in bariatric surgery — a registered dietitian and an exercise specialist — during 15- to 20-minute scheduled phone appointments.
- Appointments may be scheduled Monday through Thursday between 7 a.m. and 7:30 p.m., CT, and Fridays between 7 a.m. and 5:30 p.m., CT.
- In order to gain the most benefit from your calls, we schedule and complete one appointment every two weeks (or longer).

For more information about the program, please call us at 1-800-720-1687.