

# Weight Management

We encourage all patients to maintain a healthy body weight. Exercise and a well-balanced diet are critical components to achieving this goal. A number of programs and resources are available and designed to give you the tools and support you need.

## Helpful Programs at Dana-Farber/Brigham and Women's Cancer Center

- **Nutrition Services** provides individual consultations and ongoing counseling for weight loss, educational programs, and online resources. For more information about nutrition or to schedule an appointment, call **617-632-3006** or visit **[www.dana-farber.org/nutrition](http://www.dana-farber.org/nutrition)**.
- **Exercise Consults** include a session with our exercise physiologist to develop a personalized plan tailored to your specific needs. This program is for patients and survivors looking to start an exercise routine or modify an existing routine. Call **617-632-4523** or visit **[www.dana-farber.org/exercise](http://www.dana-farber.org/exercise)**.
- **Brigham and Women's Hospital Program for Weight Management** is a personalized, medically monitored weight loss program. For more information, please call **617-732-8886**, or visit **[www.brighamandwomens.org/weightmanagement](http://www.brighamandwomens.org/weightmanagement)**. (This is primarily a self-pay program.)

## Online Resources and Smartphone Apps

Free or low-cost tools for your computer, smartphone, and/or tablet:

Calorie Count <b><a href="http://www.caloriecount.about.com">www.caloriecount.about.com</a></b>	Lose It! <b><a href="http://www.loseit.com">www.loseit.com</a></b>	Weight Watchers Mobile <b><a href="http://www.weightwatchers.com">www.weightwatchers.com</a></b>
Calorie Counter by MyNetDiary <b><a href="http://www.mynetdiary.com">www.mynetdiary.com</a></b>	Calorie Counter and Diet Tracker <b><a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a></b>	
Calorie King <b><a href="http://www.calorieking.com">www.calorieking.com</a></b>	Food and Fitness Tracker <b><a href="http://www.sparkpeople.com">www.sparkpeople.com</a></b>	

## Insurance Coverage and Employee Benefits

Your health insurance plan may help pay for weight-management services or programs. Contact your insurance provider for information about weight management benefits. Ask:

- What does it offer? What services covered? Is a referral required or do you have a co-pay? How many sessions or weeks are covered? Any discounts for health/wellness activities or supplies?
- Can you use your insurance with *any* nutritionist, fitness facility, or weight-management program? Or do you need to see a provider or program that is part of the insurance network?
- Does the insurance plan have a list of approved programs or providers in your area?

**Talk with your primary care provider about finding weight-management programs in your area.** Please note many programs require self-payment for a portion or all services.

**Check your employee benefits.** Many employers offer weight management benefits, usually at no cost. This may be in addition to benefits covered by your insurance company. Employers vary in what they provide but typically your Human Resources department should be able to answer questions about what support is available. Please check with your employer to find out what services are covered.

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