

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.
- **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.
- **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. (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 www.caloriecount.about.com	Lose It! www.loseit.com	Weight Watchers Mobile www.weightwatchers.com
Calorie Counter by MyNetDiary www.mynetdiary.com	Calorie Counter and Diet Tracker www.myfitnesspal.com	
Calorie King www.calorieking.com	Food and Fitness Tracker www.sparkpeople.com	

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.

This document is for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.