

Who is eligible?

All adult Tricare beneficiaries with a body mass index (BMI) > 29.

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215				
kg	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7				
HEIGHT in/cm																												
5'0"	152.4	162.4	172.4	182.4	192.4	202.4	212.4	222.4	232.4	242.4	252.4	262.4	272.4	282.4	292.4	302.4	312.4	322.4	332.4	342.4	352.4	362.4	372.4	382.4	392.4	402.4	412.4	422.4
5'1"	154.9	164.9	174.9	184.9	194.9	204.9	214.9	224.9	234.9	244.9	254.9	264.9	274.9	284.9	294.9	304.9	314.9	324.9	334.9	344.9	354.9	364.9	374.9	384.9	394.9	404.9	414.9	424.9
5'2"	157.4	167.4	177.4	187.4	197.4	207.4	217.4	227.4	237.4	247.4	257.4	267.4	277.4	287.4	297.4	307.4	317.4	327.4	337.4	347.4	357.4	367.4	377.4	387.4	397.4	407.4	417.4	427.4
5'3"	160.0	170.0	180.0	190.0	200.0	210.0	220.0	230.0	240.0	250.0	260.0	270.0	280.0	290.0	300.0	310.0	320.0	330.0	340.0	350.0	360.0	370.0	380.0	390.0	400.0	410.0	420.0	430.0
5'4"	162.5	172.5	182.5	192.5	202.5	212.5	222.5	232.5	242.5	252.5	262.5	272.5	282.5	292.5	302.5	312.5	322.5	332.5	342.5	352.5	362.5	372.5	382.5	392.5	402.5	412.5	422.5	432.5
5'5"	165.1	175.1	185.1	195.1	205.1	215.1	225.1	235.1	245.1	255.1	265.1	275.1	285.1	295.1	305.1	315.1	325.1	335.1	345.1	355.1	365.1	375.1	385.1	395.1	405.1	415.1	425.1	435.1
5'6"	167.6	177.6	187.6	197.6	207.6	217.6	227.6	237.6	247.6	257.6	267.6	277.6	287.6	297.6	307.6	317.6	327.6	337.6	347.6	357.6	367.6	377.6	387.6	397.6	407.6	417.6	427.6	437.6
5'7"	170.1	180.1	190.1	200.1	210.1	220.1	230.1	240.1	250.1	260.1	270.1	280.1	290.1	300.1	310.1	320.1	330.1	340.1	350.1	360.1	370.1	380.1	390.1	400.1	410.1	420.1	430.1	440.1
5'8"	172.7	182.7	192.7	202.7	212.7	222.7	232.7	242.7	252.7	262.7	272.7	282.7	292.7	302.7	312.7	322.7	332.7	342.7	352.7	362.7	372.7	382.7	392.7	402.7	412.7	422.7	432.7	442.7
5'9"	175.2	185.2	195.2	205.2	215.2	225.2	235.2	245.2	255.2	265.2	275.2	285.2	295.2	305.2	315.2	325.2	335.2	345.2	355.2	365.2	375.2	385.2	395.2	405.2	415.2	425.2	435.2	445.2
5'10"	177.8	187.8	197.8	207.8	217.8	227.8	237.8	247.8	257.8	267.8	277.8	287.8	297.8	307.8	317.8	327.8	337.8	347.8	357.8	367.8	377.8	387.8	397.8	407.8	417.8	427.8	437.8	447.8
5'11"	180.3	190.3	200.3	210.3	220.3	230.3	240.3	250.3	260.3	270.3	280.3	290.3	300.3	310.3	320.3	330.3	340.3	350.3	360.3	370.3	380.3	390.3	400.3	410.3	420.3	430.3	440.3	450.3
6'0"	182.8	192.8	202.8	212.8	222.8	232.8	242.8	252.8	262.8	272.8	282.8	292.8	302.8	312.8	322.8	332.8	342.8	352.8	362.8	372.8	382.8	392.8	402.8	412.8	422.8	432.8	442.8	452.8
6'1"	185.4	195.4	205.4	215.4	225.4	235.4	245.4	255.4	265.4	275.4	285.4	295.4	305.4	315.4	325.4	335.4	345.4	355.4	365.4	375.4	385.4	395.4	405.4	415.4	425.4	435.4	445.4	455.4
6'2"	187.9	197.9	207.9	217.9	227.9	237.9	247.9	257.9	267.9	277.9	287.9	297.9	307.9	317.9	327.9	337.9	347.9	357.9	367.9	377.9	387.9	397.9	407.9	417.9	427.9	437.9	447.9	457.9
6'3"	190.5	200.5	210.5	220.5	230.5	240.5	250.5	260.5	270.5	280.5	290.5	300.5	310.5	320.5	330.5	340.5	350.5	360.5	370.5	380.5	390.5	400.5	410.5	420.5	430.5	440.5	450.5	460.5
6'4"	193.0	203.0	213.0	223.0	233.0	243.0	253.0	263.0	273.0	283.0	293.0	303.0	313.0	323.0	333.0	343.0	353.0	363.0	373.0	383.0	393.0	403.0	413.0	423.0	433.0	443.0	453.0	463.0



How to register:

Ask your Primary Care Manager to submit a referral to Clinical Nutrition specifically for the “Intensive Weight Management” program;

Call the Nutrition Clinic at **953-2629/2631** to schedule an appointment.



Nutrition Management's Intensive Weight Management Program



The Program:

The Intensive Weight Management program is ongoing 52 weeks out of the year designed to help you lose weight and keep it off once and for all.



Program Goals:

To offer an opportunity for an individual to lose and maintain desired weight long-term instead of giving up and staying overweight after multiple attempts, trying herbs, supplements or medication or before making a decision to have bariatric surgery.



Program Synopsis:

- 90 minute nutrition class
- Initial and quarterly labs drawn, metabolism testing, body fat composition, fit test
- Continuity of care, see the same dietitian every time (weekly, bi-weekly, monthly: you decide)
- Weekly support group, different topic presentations, weigh-ins 
- Low calorie liquid meal replacement options
- Weekly nutrition tips and recipes



DO YOU:

- Eat everything on your plate even when you're full?
- Have a secret stash of snacks at work or home?
- Give up and eat whatever after falling off the wagon?
- Wait until Monday to start a "diet"?
- Eat out more than four times a week?
- Eat healthier when you exercise?
- Try the newest FAD diet when trying to lose weight?
- Say to yourself, "I really want to lose some weight", without making any changes?
- Eat more when you are alone?
- Eat more when you are full so you don't hurt someone's feelings?
- Gain weight during the holidays (Nov-Jan)?
- Find it hard to eat healthy when you go home to visit family and friends?
- Gain weight when transferring to a new duty station?
- Eat well during the week and blow it on the weekends?
- Eat food the next day that fell onto your child's car seat?
- Eat out of emotions instead of hunger?
- Eat the majority of your food for the day at night hours before bedtime?



If you can relate to **more than 5** of the above questions, we can HELP if you choose to partner with us.

Together WE CAN achieve more!!

