How the program works

The NEW You program includes 22 sessions over 12 months.

One-on-one Sessions

You will have eight 45-minute private sessions with a registered dietitian nutritionist. Together, you will make a personalized plan to be more active, eat healthy, and lose weight.

Group Sessions

You will also join fourteen 45-minute group classes. These are led by a registered dietitian nutritionist and healthy snacks are provided at each class. The classes will cover several topics:

- Principles of weight loss and healthy eating
- Goal-setting and gaining support
- Being active
- Special occasions and dining out
- Tracking progress
- Emotions and eating
- Meal planning and grocery shopping
- Changing behavior

How you can join

You need the following to sign up:

- A body mass index (BMI) of 30 or greater
- Referral from your primary care doctor or a physician assistant or nurse practitioner on your oncology team
- Health insurance (see below)

Program Costs and Insurance Coverage

If you have Medicare, the NEW You Program is covered by your insurance.

Other insurance providers may cover the program and any costs. Contact your insurance carrier directly and ask about your plan. Give them billing codes G0447 and G0473 so they can verify coverage.

Learn more about the program by calling the Wellness and Integrative Health Center at 801-587-4585.