

IBT for Obesity

Intensive Behavioral Therapy is a year-long program that aims to promote sustained weight loss through diet and exercise counseling.

WHO QUALIFIES:

- BMI of >30
- Not currently diagnosed with prediabetes, diabetes, or end-stage renal disease

WHAT ARE THE BENEFITS OF THE PROGRAM?

- Learn lifelong healthy eating and physical activity habits
- Implement healthy habits to reduce BMI and increase overall health

HOW DO I SIGN UP?

Ask your provider about getting a referral placed to Intensive Behavioral Therapy!

