

## Frequently Asked Questions about PeaceHealth’s HMR Weight Loss Program

HMR stands for Health Management Resources (HMR). It is the country's leading provider of medically-supervised weight management programs with more than 25 years of experience and research. PeaceHealth Southwest in Vancouver, Washington offers both medically supervised and non-medically supervised programs for weight loss.

Below are questions from participants in the January 2019 webinar, Update YOUR Plate: How to Choose a Healthy Eating Plan.

Is Jenny Craig HMR?	Jenny Craig is not HMR.
How much does the HMR cost?	<p>For the in-clinic program:</p> <ul style="list-style-type: none"> <li>▪ Class fees \$25 per week</li> <li>▪ Food averages about \$100 per week.</li> <li>▪ Medical monitoring cost (if needed) is determined at the information session.</li> </ul> <p>For the At Home Program:</p> <ul style="list-style-type: none"> <li>▪ Food averages about \$100 per week.</li> <li>▪ Food is delivered to your front door.</li> <li>▪ Phone support is available.</li> </ul>
Do you have to meet any criteria for PeaceHealth HMR?	There is no specific criteria to begin the HMR program.
How do we join HMR through PeaceHealth?	To join the program, you can sign up for an <a href="#">information session</a> on PeaceHealth’s website. Or you can call 360-514-6805 and one of our operations staff members would be happy to get you signed up. Information sessions are held every Monday at noon and every Thursday at 5:30.
How do I find out more about the HMR program as a PeaceHealth employee?	The best way to learn about the program is to come in for one of the free, no obligation <a href="#">information sessions</a> .
Does PeaceHealth in Eugene offer the medically supervised clinic program.	Eugene does not have a medically supervised meal replacement program.

Learn more about [PeaceHealth’s HMR program](#) in Vancouver, Wash.