

## **Weight Management | Personal Weight Coach**

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact

Personal Weight

Intake Contact Email

caremanagement@inova.org

Intake Process

Register online or by phone at 703.750.8800.

Provider Refer

Yes

Self Refer

Yes

Inova Health System

<http://www.inovahealthsource.com/IntroPWC.html>

Main

(703) 698-2476

2700 Prosperity Ave., Suite 100

22042 VA

United States

## Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Are you ready to tackle your weight, but can't make it to meetings? Then Inova's Personal Weight Coach is

for you. This internet-only program will address managing your weight through making healthier lifestyle

choices. Classes are located on a private website and you will communicate with your Personal Weight

Coach primarily through email. Over the 12 week program, support will include weekly emails, personalized

goals and telephone consultations.

This gradual lifestyle change program assists with incorporating healthy choices into daily life ~ this is not a

diet program. It is a long-term comprehensive program that is tailored to meet individual needs.

## Service Area(s)

Alexandria City

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Fairfax City

,

Fairfax County

,

Falls Church City

,  
Manassas City

,  
Manassas Park City

,  
Prince William County