

PERSONALIZED

WEIGHT LOSS PROGRAM*

Why weight?

Improve your
health now.



WEIGHT LOSS PROGRAM*

The Weight is Over.

Personalized weight loss plus online membership to DASH for Health™ – a \$69 value.**

[Learn More](#)

 **minute clinic**
the medical clinic in CVS/pharmacy®



PERSONALIZED WEIGHT LOSS PROGRAM*

The Weight is Over.

Introducing the Weight Loss Program at MinuteClinic.

Convenient, medically based weight loss just for you.

- Most insurance accepted
- Open 7 days a week, evenings and weekends
- No appointment necessary

Find a clinic near you or [Go >>](#)

DASH for Health

Program includes an online membership to DASH for Health™ – a \$69 value!**

Based on the popular DASH diet, DASH for Health has been ranked #1 Overall Diet by U.S. News & World Report for three years in a row.

Lose weight. Gain wellness.



When you lose extra weight, you look and feel great. You also improve your health and prevent future disease and illness by reducing your risk factors.

And now, MinuteClinic helps make weight loss possible – even if you're busy – with the Weight Loss Program at MinuteClinic, a personalized program based on the popular DASH diet, DASH for Health, ranked #1 Overall Diet by U.S. News & World Report for three years in a row.

Lose weight, reduce your risk and improve your health. Visit MinuteClinic and get started today.

Everything you want in a weight loss program.



Initial Weight Assessment

Our nurse practitioner will perform a thorough assessment and evaluation and create a personalized weight loss plan created just for you, your lifestyle and goals.

Ongoing Weight Loss Coaching

We will monitor your progress and provide the ongoing support you need to stay on track and achieve your goals. Coaching continues as long as you need it.

[Learn more about the program >>](#)



Healthy Eating. Healthy Weight



Diabetes Facts, Management & Care

Win at Weight Loss

Gain the knowledge that helps you lose weight with these informative articles.

- [Cueing Into Your Eating Patterns >>](#)
- [Walk This Way to Fitness >>](#)
- [Dietary and Fitness Guidelines >>](#)
- [Exercise for Chronic Disease Relief >>](#)
- [Understanding Portion Control >>](#)
- [Eating Fruits and Vegetables](#)

Blood pressure concerns?
We can help!



[find out more >>](#)

Find a clinic near you or [Go >>](#)

*Service not available in MA. Patients must be 18 years of age or older. Restrictions apply. Additional labs and test may be required. Additional charges may apply..

**Based on 6-month membership.