

Approved weight management providers for Microsoft

This document provides the current list of approved providers (virtual or in-person, by state) for Microsoft's Weight Management program.

Virtual provider — Sound Health Connects:

To use a Microsoft-approved weight management program without the requirement of going to a local clinic, you can choose to use a virtual provider, Sound Health Connects. Program enrollment requires participation for a minimum of 26 weeks and can include webcam sessions, individual phone calls, and face-to-face meetings in your home or gym, with a nutritionist, behavior change counselor, health coach, and personal fitness trainer. Group lifestyle change sessions, held via conference call and nutrition webinars, are also included. To learn more, go to [Sound Health Connects](#).

In-person providers (listed by state):

- [Washington](#)
- [California](#)
- [Delaware](#)
- [Illinois](#)
- [Maryland](#)
- [New Jersey](#)
- [North Carolina](#)
- [North Dakota](#)

WASHINGTON

PRO Club 20/20 LifeStyles

20/20 Lifestyles offers frequent and free introductory seminars to help you learn more about the program. Attending a seminar can give you some excellent weight loss and health information even if you do not sign up for 20/20 Lifestyles. To see upcoming dates, view the [seminar schedule](#).

Bellevue

4455 148th Avenue NE
Bellevue WA 98007
Phone: 425-861-6258
Fax: 425-861-6277
2020lifestyles@2020lifestyles.com
2020lifestyles.com
Effective date: July 1, 2002

Seattle

501 Eastlake Ave, 2nd Floor
Seattle WA 98109
Phone: 206-332-1873
Fax: 425-861-6277
2020lifestyles@2020lifestyles.com
2020lifestyles.com
Effective date: July 1, 2002

Sound Health Connects

1752 NW Market Street #4525
Seattle, WA 98107
Phone: 866-779-4730
Fax: 206-962-3155
info@soundhealthconnects.com
soundhealthconnects.com
Effective date: July 1, 2012

Quantum Weight & Lifestyle Solutions at Sound Medical Weight Loss

The Quantum Program is our most comprehensive executive weight loss program. To ensure success for you, the program includes: medical supervision, advanced lab testing, functional nutrition education, a whole food diet plan, behavioral health support from our providers and mindfulness coach, a personalized and flexible fitness program, and more! Participants may choose a trainer from our pre-screened selection of personal trainers or select one from your preferred local fitness club. Learn more on our website!

11829 98th Ave NE

Kirkland, WA 98034

Phone: 425-636-2346

Fax: 425-968-8933

Admin@soundmedicalweightloss.com

soundmedicalweightloss.com

Effective date: April 7, 2015

CALIFORNIA

Roseville Health and Wellness Center

1650 Lead Hill Blvd

Roseville, CA 95661

Phone: 916-677-1200

Fax: 916-677-1204

lisarhwc@outlook.com

rosevillehwc.com

Effective date: February 15, 2009

DELAWARE

Christiana Care Weight Management Center

Gateway Bld 4th Fl

501 W 14th St

Wilmington, DE 19801

Phone: 302-623-3475

Fax: 302-661-3440

KTran@Christianacare.org

christianacare.org/weight

Effective date: February 1, 2006

ILLINOIS

Nutrition and Wellness Center (Univ IL)

Outpatient Care Center, 1801 W Taylor St, ste 1C

Chicago, IL 60612

Phone: 312-413-3631

Fax: 312-355-3133

estamm1@uic.edu

hospital.uillinois.edu/primary-and-specialty-care/weight-management

Effective date: August 15, 2007

MARYLAND

CoreLife, Inc.

Severna Park

579 Baltimore-Annapolis Blvd

Severna Park, MD 21146

Phone: 877-377-6112

Fax: 844-922-4329

lauren@corelifemd.com

corelifemd.com

Effective date: November 1, 2018

Laurel

13994 Baltimore Ave Suite 101
Laurel, MD 20707
Phone: 240-636-9849
Fax: 410-824-1144
lauren@corelifemd.com
corelifemd.com
Effective date: June 1, 2020

Waldorf

1036 ST Nicholas DR
Waldorf, MD 20603
Phone: 240-261-7170
Fax: 410-824-1144
waldorf@corelifemd.com
corelifemd.com
Effective date: May 1, 2022

NEW JERSEY**Institute for Weight Management**

150 Overlook Ave
Hackensack, NJ 07601
Phone: 201-487-8010
Fax: 201-487-7010
anjana@mdslim.com
mdslim.com
Effective date: October 15, 2004

NORTH CAROLINA**Atrium Health Wake Forest Baptist Weight Management Center**

4614 Country Club Rd
Winston Salem, NC 27104
Phone: 336-716-6099
Fax: 336-716-5074
<https://www.wakehealth.edu/specialty/w/weight-management-center>
Effective date: April 13, 2023

NORTH DAKOTA**Valley Weight Loss Clinic**

4450 31st Avenue S #102
Fargo, ND 58104
Phone: 701-365-8446
Fax: 701-365-0808
Laura@valleyweightlossclinic.com
valleyweightlossclinic.com
Effective date: August 15, 2012

Medical Weight Loss Specialists / Smith Sisters Inc.

3175 Sienna Dr S Ste 103
Fargo, ND 58104
Phone: 701-205-3088
Fax: 701-335-7808
sam@fargomedicalweightloss.com
fargomedicalweightloss.com
Effective date: May 25, 2018