

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](#)
- [Florida](#)
- [Illinois](#)
- [Maryland](#)
- [Michigan](#)
- [New Jersey](#)
- [North Carolina](#)
- [North Dakota](#)
- [Texas](#)

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

FLORIDA

Medi Weightloss

3202 W Kennedy Blvd, Unit 2

Tampa, FL 33609

Phone: 813-281-0500

Fax: 813-348-6361

mediweightlossoftampa@gmail.com

mediweightloss.com

Effective date: February 5, 2018

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

MICHIGAN

Beaumont Weight Control Center

4949 Coolidge Highway
Royal Oak, MI 48073
Phone: 248-655-5900
Fax: 248-655-5901

lmoore@beaumont.edu
beaumont.org

Effective date: May 1, 2004

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

TEXAS

Medi Weight Loss Clinics – Austin

13359 Highway 183 N, Suite 403
Austin, TX 78750
Phone: 512-867-6200
Fax: 512-519-1127

mediweightlossofaustin@gmail.com

mediweightloss.com

Effective date: July 1, 2020

Medi Weight Loss Clinics – Frisco

3500 Victory Group Way
Frisco, TX 75034
Phone: 972-381-9300
Fax: 972-381-9301

tbastic@mediweightloss.com

mediweightlossclinics.com

Effective date: August 1, 2012

Medi Weight Loss of Southlake

1125 David Blvd Ste 100

Southlake, TX 76902

Phone: 817-488-1956

Fax: 817-488-8675

tbastic@mediweightloss.com

mediweightlossclinics.com

Effective date: August 1, 2012

Medi Weight Loss Clinics – The Woodlands

25701 I-45 North Ste 5

The Woodlands, TX 77380

Phone: 281-203-0300

Fax: 281-651-2949

ctroutman@mediweightloss.com

mediweightlossclinics.com

Effective date: August 1, 2012

Discrimination is Against the Law

Premera Blue Cross (Premera) complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@Premera.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>. You can also file a civil rights complaint with the Washington State Office of the Insurance Commissioner, electronically through the Office of the Insurance Commissioner Complaint Portal available at <https://www.insurance.wa.gov/file-complaint-or-check-your-complaint-status>, or by phone at 800-562-6900, 360-586-0241 (TDD). Complaint forms are available at <https://fortress.wa.gov/oic/onlineservices/cc/pub/complaintinformation.aspx>.

Language Assistance

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-722-1471 (TTY: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-722-1471 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-722-1471 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-722-1471 (TTY: 711) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-722-1471 (телетайп: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-722-1471 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-722-1471 (телетайп: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-722-1471 (TTY: 711)។

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。800-722-1471 (TTY:711) まで、お電話にてご連絡ください。

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 800-722-1471 (መስማት ለተሳናቸው: 711)።

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajjila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 800-722-1471 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-722-1471 (رقم هاتف الصم والبكم: 711).

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 800-722-1471 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-722-1471 (TTY: 711).

ໂປດອຸບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ຄ່າສິ່ງຄ່າ, ຄວນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-722-1471 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sévis èd pou lang ki disponib gratis pou ou. Rele 800-722-1471 (TTY: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-722-1471 (ATS : 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-722-1471 (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-722-1471 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-722-1471 (TTY: 711).

توجہ: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-722-1471 (TTY: 711) تماس بگیرید.