

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](#)
- [Illinois](#)
- [Maryland](#)
- [North Carolina](#)
- [Texas](#)

WASHINGTON

PRO Club 20/20 LifeStyles

20/20 LifeStyles is a comprehensive physician-led, lifestyle modification program tailored for busy professionals seeking sustainable, long-term health transformation. Under board-certified medical supervision, patients receive weekly clinical oversight, ongoing guidance from registered dietitians, multiple weekly personal training sessions, access to both individual and group counseling with experienced clinicians, optional FDA-approved anti-obesity medications, advanced fitness, and body composition analysis. Flexible hybrid options are also available. By combining medical expertise with personalized lifestyle support, 20/20 LifeStyles empowers patients to achieve meaningful, lasting improvements in weight, metabolic health, and overall well-being.

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

2226 Eastlake Ave E, PMB 1406
Seattle, WA 98102
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 at Sound Medical Weight Loss is a physician-led metabolic performance program designed for busy professionals. It integrates concierge-level medical oversight, FDA-approved anti-obesity medication management, advanced metabolic testing, and coordinated nutrition and fitness care within a flexible hybrid of in-person and telehealth visits. The program supports sustainable weight loss and long-term metabolic health, while adapting seamlessly to demanding schedules.

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

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

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
wakehealth.edu/specialty/w/weight-management-center
Effective date: April 13, 2023

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, Suite 300
Frisco, TX 75034
Phone: 972-381-9300
Fax: 972-381-9301
schristine@mediweightlossclinics.com
mediweightloss.com
Effective date: July 1, 2020