



Healthy You for Life

CHKD's Healthy You for Life program is designed to help children age 3 to 18 gain control of their weight and improve their health. Children with a body mass index (BMI) of 85 percent or higher are eligible for referral to our multidisciplinary team. Children and their parents will work with our team on nutrition and meal planning, physical activity, goal setting, and emotional support.

Healthy You for Life
covers levels
2 through 4.

Level

1

Primary care physician
recommendations

Level

2

CHKD outpatient specialists
registered dietitian/counseling/
personal training

Level

3

Healthy You for Life a
multidisciplinary family-
centered team approach

Level

4

Medication and/or bariatric
surgery

About Healthy You for Life

Healthy You for Life is a medically supervised program offering follow-up of all patients for at least one year.

Each patient receives an initial assessment by our physician or nurse practitioner. Individual goals are set based on an evaluation with our registered dietitian, exercise physiologist, and behavioral specialist. Patients meet regularly with our staff one-on-one for continued guidance and encouragement.

Locations

Health You for Life patients are seen at the following locations. Appointment availability for new patients varies by location.

- CHKD Health Center at Fort Norfolk, 301 Riverview Avenue, Norfolk
- CHKD Health and Surgery Center at Oyster Point, 11783 Rock Landing Dr., Newport News
- CHKD Health Center and Urgent Care at Landstown, 1924 Landstown Centre Way, Virginia Beach
- CHKD Health Center at Harbour View North, 7021 Harbour View Blvd., Suffolk

Insurance

Health You for Life visits are billed to the patient's insurance carrier as a regular physician practice. Patients are responsible for annual deductibles and co-payments. Co-payments for visits with our physician and nurse practitioner are billed as primary care visits, not specialists. However, specialist co-payments will apply for visits with the registered dietitian and behavioral specialist. There is no charge for sessions with the exercise physiologist.

Fitness Classes

Group fitness classes are available through the CHKD sports medicine program for patient 8 years and older. Participants do not have to be enrolled in Health You for Life to participate in the group fitness program, but they must have a BMI of 85% or greater.

Out-of-pocket cost is \$35 for 16 classes. Classes have year-round open enrollment at the following locations. Call the location directly to register.

- CHKD Health Center at Butler Farm, 757-668-4516
- CHKD Health Center and Urgent Care at Loehmann's Plaza, 757-668-6644
- CHKD Health Center at Oakbrooke, 757-668-2386
- CHKD Health Center and Urgent Care at Landstown, 757-668-4923

For additional information about clinic appointments and referrals to CHKD's Healthy You for Life program, call us at 757-668-7957.



Children's Hospital
of The King's Daughters