Learn to live at a healthier weight.



Find the support you need to take that first step

Diet, fitness and exercise. The latest tips are featured in every magazine and on every talk show. And yet, even with so much attention on healthier lifestyles, more than 70% of Americans are overweight or obese.[1]

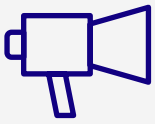
These alarming statistics can be attributed to more sedentary lifestyles and our increased access to more highly processed foods. But regardless of the cause, weight gain is a growing concern – and one that can affect more than just your scale.

Reduce the weight, reduce the risk

Being overweight or obese has been associated with increased risk for several conditions. And, while being overweight may not be the cause, it does make managing them more difficult.

- High blood pressure
- Cardiovascular disease, including coronary artery disease and stroke
- Type 2 diabetes
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some forms of cancer, including colon, breast and prostate

The good news is that losing weight and improving your health is achievable – losing even 5% of your body weight can lower your health risks for weight-related disease.[2]



Take control of your life

To enroll in the program, or if you have questions, call the number on the back of your ID card.

All sources and disclosures appear at the end of this document.

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If you're overweight, consult with your doctor about starting a wellness program that includes:

- A well-balanced diet – make sure you're as nutrition-minded as you are calorie-conscious
- A regular exercise program – even one daily walk can begin to make a difference in your weight and overall health

If you are obese – a chronic disease where extra weight comes from too much body fat – your doctor will need to more carefully manage your condition and focus on reducing the risk of additional health problems in addition to losing the weight.

It's never too late to get started on the road to better health. And no matter what your shape or body size, you can reduce your risk for certain diseases and improve your health by eating well and keeping active.

The weight management program can help you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits.



1. "Health, United States, 2019, table 26." Centers for Disease Control and Prevention, 2021. Web. Accessed April 23, 2024.
2. "Losing Weight." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 2023. Web. Accessed April 23, 2024.

This information is for educational purposes only. It is not intended as medical advice or to be a substitute for proper medical care provided by a physician. Do not rely on this information for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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