

Can you spare a hundred?

Support for a healthier, slimmer you

Take
One



Experience. Wellness. Everywhere.SM

Calories can be sneaky, and many of us don't know their hiding places — until they show up on our waistlines. Try these painless ideas to slash hidden calories each day:

- Follow low-fat directions on the box when baking desserts
- Try a low-calorie frozen yogurt or sherbet
- Eat just one granola bar from the package rather than both
- Have one less handful of mixed nuts
- Drink bottled water or sugar-free, flavored sparkling water instead of soda
- Skim the fat from soups, stews and sauces
- Reduce the oil in your recipes by one tablespoon
- Leave three or four bites on your plate
- Eat slowly to decrease your urge to get seconds

While extra calories put on weight over time, regularly taking away just 100 calories a day can go a long way to help whittle your middle.

Did you know that losing excess pounds may reduce your risk of developing the following conditions?

- High blood pressure
- Cardiovascular disease and stroke
- Diabetes
- Cancer
- Sleep apnea
- Osteoarthritis

If you're a Blue Cross and Blue Shield of Texas (BCBSTX) member, a Weight Management program may be available to you to help you reach your goals. See the back of this flier for more details.



**BlueCross BlueShield
of Texas**

Weight Management

For Blue Cross and Blue Shield of Texas members*

Support for a slimmer, healthier you

For members with Blue Care Connection®, BCBSTX has developed a Weight Management program to help you slim down and feel healthier. The program offers guidance and support through behavioral and motivational coaching, personalized goal setting with an action plan, online tools, an Audio Health Library and discounts for wellness-related products and services. Check with your employer or call the Customer Service number on the back of your ID card to see if your plan offers this program.

Enroll Today

There are many ways to enroll in the Weight Management program. You may self-refer by contacting Customer Service using the phone number listed on the back of your ID card. You can enroll online by logging in to Blue Access® for Members at www.bcbstx.com/member and clicking on the "My Health" tab. To enroll, just click on the "Get started today" links next to the smoking and weight loss icons.

Weight Management Assistance

Self-guided support and resources are available to help you with your weight management including online tools, e-mail and an Audio Health Library. Depending on your health plan, some members may have access to one-on-one coaching via telephone from a Wellness Coach. With coaching, members can discuss their specific situation with a qualified professional who will help set goals.



Self-guided tools and resources include:

Personal Health Manager

- *Ask A Dietitian* allows you to e-mail your questions to a dietitian and receive customized responses
- The *For Your Health* section is a great resource for information on exercise, nutrition and lifestyle issues
- With the *Health Encyclopedia* you can search for articles related to weight management, exercise and nutrition

To access the PHM, log into Blue Access for Members at www.bcbstx.com/member. PHM is located on your home page.

24/7 Nurseline Audio Health Library

The 24/7 Nurseline provides 24-hours a day/seven days a week access to an Audio Health Library of prerecorded information about weight management, as well as other basic health topics. The phone number for the 24/7 Nurseline and Audio Health Library is available on the BCBSTX Web site. Just log on to Blue Access for Members at bcbstx.com/member, click on "My Health," then click on "Tools." The phone number is available on the "Nurseline" link.

To have the best chance of successfully losing weight and keeping it off, educate yourself about nutrition and exercise, and get support. Contact us by calling the Customer Service telephone number listed on the back of your ID card.

Visit Blue Access for Members at www.bcbstx.com for more information about managing weight gain.

www.bcbstx.com



BlueCross BlueShield of Texas

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*All features may not be available to all members. To determine eligibility, check with your benefit administrator or call the number on the back of your ID card.

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