

My Weight Management Journey

TALK TO A WELLNESS COACH ABOUT A PERSONALIZED WEIGHT MANAGEMENT PLAN.

Why take control of your weight?

- Feel better
- Have more energy
- Be more active with your family
- Sleep better
- Improve heart health, blood pressure, cholesterol, and/or better control diabetes



Maintaining a healthy weight is important for overall health and well-being.

The My Weight Management Journey program is designed to help you build the skills to manage your weight and keep it off. Your wellness coach will guide you through:

- Finding the right nutrition approach.
- Mastering food labels and portion sizes.
- Staying on track with an exercise plan.
- Planning meals and shopping for food.
- Breaking down barriers and behaviors that slow progress.
- Keeping weight off long term.

**Call 1-800-650-8442 to get connected with a coach,
Monday – Friday, 8:30 a.m. – 7:30 p.m. ET,
or visit HighmarkHealthCoachBCBS.com to learn more.**

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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