

HEALTHY WEIGHT



Find the resources to help with a healthy weight offered to you because of you are a Blue Shield of California member. Check your Blue Shield membership card to see if you are in TRIO or Access+ as resources vary. Additional resources are available to you as a Health Service System member.



JOIN A WEIGHT MANAGEMENT PROGRAM: A small amount of weight loss, 5-10%, can have big impacts on reducing your blood pressure and your risk for other diseases.

Better Weight

Better Weight is a condensed version of the Diabetes Prevention Program, a clinically proven program created by the U.S. Centers for Disease Control and Prevention. You'll do one Daily Challenge – a small action that helps you reach your goal – each day for 4 months. Better Weight teaches you the following:

1. Eat Well
2. Get Active
3. Shop and Cook
4. Get Support
5. Manage Stress
6. Burn Calories
7. Coping with Triggers
8. Keep Your Heart Healthy
9. Eat Well Away from Home
10. Find Time for Fitness
11. Take Charge of Your Thoughts
12. Stay Motivated

You'll do each challenge with the same group of people for the entire program, so you can get support and celebrate your successes together!
<http://myhss.org/well-being/dailychallenge.html>.

Diabetes Prevention Program

Make lasting lifestyle changes with the new Diabetes Prevention Program. Simply take a short quiz to find your risk level. If you qualify, you're ready to begin. When you enroll, you get to choose the type of support you prefer, in-person, online or even through a smart phone. To help you reach your goal, the Diabetes Prevention Program typically offers:

- Access to a personal health coach
- Easy tips
- Tools like wireless scales or activity trackers

If you are eligible, programs you can select may include: Weight Watchers, Healthslate, Jenny Craig, Noom, Retrofit, Skinny Gene Project, and more!

It only take 1 minute to see if you're eligible to take part in the program:

1. Visit <https://www.solera4me.com/shield>
2. Answer a handful of questions
3. Discover your risks for diabetes
4. Select the program you prefer
5. Start the path to a healthier you

If you are eligible for the program, you will receive a Fitbit Zip.

For more information, call 844.206.3730 or email support@solera4me.com

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EAT HEALTHY: Practice portion control, plan meals and reduce eating out. Limit sugary beverages. Add more fruits and vegetables to naturally reduce calories.

Healthy Eating with the Daily Challenge:

Take living healthier one day at a time. Receive one challenge via email each day for a month. Choose the track that's right for you. Healthy eating tracks include:

- Balanced Diet
- Better Eating
- Educated Eating
- Happy Tummy
- Mindful Meals
- Produce Boost
- Simple Cuisine
- Smart Snacking

Register for the Daily Challenge at <http://myhss.org/well-being/dailychallenge.html>.

Over-the-phone: Behavioral counseling related to Healthy Diet, Physical Activity and Obesity is available if you have a chronic condition such as Diabetes, Coronary artery disease (CAD), Heart failure, Asthma, or Chronic obstructive pulmonary disease (COPD). Please talk to your physician for more information. Ask your physician for a referral.

Medical Group Programs:

Talk to your medical group about what weight loss and nutrition programs they may offer face-to-face or over-the-phone.

MOVE MORE: Increase your physical activity a little each day until you are active for at least 30 minutes on 5 or more days per week.

Walkadoo

Walkadoo is a wireless pedometer-based program that makes walking fun! Each day, you get a step card via email or SMS that's been created just for you, based on your walking habits. Wear your pedometer, take your steps, and connect with other members on the Walkadoo website.

TRIO subscribers (employees and early retirees) who enroll in Walkadoo are eligible for a free Fitbit Zip.

Physical Activity with the Daily Challenge:

Take living healthier one day at a time. Receive one challenge via email each day for a month. Choose the track that's right for you. Physical activity tracks include:

- Fit at Work
- Quick Cardio
- Limber Legs
- Flexibility & Posture
- Simple Yoga

Register for the Daily Challenge at <http://myhss.org/well-being/dailychallenge.html>.

Fitness Center Discounts

Get Started with Discounts at 24 Hour Fitness, Renaissance ClubSport, ClubSport:

1. Go to www.blueshieldca.com/wellnessdiscounts or call Blue Shield Member Services Access+ members call 855-256-9404. Trio members call 855-747-5800.
2. Inform the club of your discount.