

Work toward a healthy weight by joining the **Weight Management Program!**



**BlueCross BlueShield
of Texas**

Losing weight can help you feel better and have more energy – plus it may cut your risk for diabetes, heart disease, stroke and other conditions. With Blue Care Connection® you have access to the confidential Weight Management Program at no added cost to help you set weight loss goals and then achieve them.

Personal coaching over the phone

When you join the Weight Management Program, a health care professional known as a Lifestyle Management specialist will be assigned to work with you. You and your specialist will come up with a personalized plan to help you reach your weight loss goals, and you'll learn how different choices may affect your health. Your Lifestyle Management specialist will provide you with regular coaching sessions over the phone, supporting your effort to reach your goals.

Note: You are urged to seek the advice of a physician before beginning any weight loss effort or program.



To enroll, call 866-412-8795 and choose Lifestyle Management.

bcbstx.com

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Blue Care Connection