



Weight Management

Experience. Wellness. Everywhere.SM

Support for a slimmer, healthier you

If you've considered losing weight, you've probably thought, "I'll start tomorrow." Unfortunately, tomorrow can turn into next week ... next month ... and next thing you know, tomorrow is nowhere in sight. If you want to seize the day and start losing weight, Blue Cross and Blue Shield of Illinois (BCBSIL) wants to help.

Through **Blue Care Connection**[®], BCBSIL has developed a Weight Management program to help you slim down and feel healthier. The program offers guidance and support through online lifestyle and motivational coaching, goal setting with an action plan, an Audio Health Library and discounts to wellness-related products and services.

All Blue Care Connection programs are offered at no charge to you, and your participation is completely voluntary.

Weight Management Assistance

Once you have been identified as a candidate for the Weight Management program, your "Readiness to Change" will be assessed to determine the level of outreach you will receive. Outreach could include working with a Wellness Coach who would provide personal assistance such as goal setting and periodic progress checkups, or you may choose to only use self-guided tools and resources.

Enroll today

To get started with your Weight Management program, you can call Customer Service using the phone number listed on the back of your ID card.

Additional support may be accessed by:

- Completing a Health Risk Assessment through the PHM
- Participating in a Health Fair, which may be offered by your employer



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.SM

Weight Management

Support for a slimmer, healthier you

Self-guided tools and resources include:

Personal Health Manager

The Personal Health Manager (PHM) is an online resource that connects you to information and tools designed to help you maintain (or improve) your health. Through the **For Your Health** section, the PHM offers various support options to help you reach your goal weight, such as:

Get Fit:

- Customized cardiovascular, strength and flexibility plans
- Accommodates everyone from beginner to expert
- Provides a virtual demonstration of each exercise, enabling you to learn proper techniques

Eat Right:

- Personalized nutrition plan
- Recommends calories and servings from all food groups
- Daily meals are recommended or you can create your own
- Automatically calculates and compares daily intake to recommended intake
- Adjusts recommendations according to activity levels

Lose Weight – This program provides the tools and resources you need to set and track:

- Healthy weight goals
- Activity goals
- Healthy eating goals

Expert Coaching:

- **Ask A Trainer** – Ever wonder what some effective exercises are to flatten your stomach or how to train for a 10K run? Ask one of our certified personal trainers!
- **Ask A Dietitian** – Is it true that green tea is really good for you? Ask a registered dietitian questions about food and nutrition.

Blue PointsSM

Every time you track a fitness workout, report a meal, use any of the expert coaching features, or utilize other features in the **For Your Health** section, you will earn Blue Points. These points are redeemable at the Blue Points Redemption Center on the PHM for health promotion products and

other merchandise. You can earn up to 1,000 points per week and you only need 2,500 points to claim your first reward.

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

BlueExtrasSM Discount Program

BlueExtras saves you money on health care products and services not usually covered by your health care benefits plan. There are no claims to file, no referrals or pre-authorizations, and no additional fees to participate. BlueExtras provides discounts to Jenny Craig, Curves and Complementary Alternative Medicine (CAM) which includes discounts on vitamins, health and wellness magazines, gym memberships, massages, spas, acupuncture, yoga, Tai Chi and more.



Earn up to 1,000 Blue Points each week for tracking healthy behaviors.

To access BlueExtras, log into Blue Access for Members at www.bcbsil.com/member, and then click on the My Coverage tab at the top.

The relationship between Blue Cross and Blue Shield of Illinois (BCBSIL) and Jenny Craig and Curves is that of independent contractors. Healthways WholeHealth Networks, Inc. (Healthways) is an independent contractor which administers the Complementary Alternative Medicine (CAM) discount program for Blue Cross and Blue Shield of Illinois.

BlueExtras is a discount program available to BCBSIL members. This is NOT insurance. Some of the services offered through BlueExtras may be covered under your health plan. Please refer to your benefit booklet or call the customer service number on the back of your ID card for specific benefit information under your health plan. Use of BlueExtras does not affect your premium, nor do costs of BlueExtras' services or products count toward your plan deductible, calendar year, or lifetime maximums. Discounts are only available through participating vendors.

BCBSIL does not guarantee or make any claims or recommendations regarding the services or products offered under BlueExtras. You may want to consult with your physician prior to use of these services and products. Services and products are subject to availability by location. BCBSIL reserves the right to discontinue or change this discount program at any time without notice.



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.SM