

When  
**you're**  
**TIRED**  
of  
**BEING**  
**TIRED,**  
we're here  
to **HELP**

We offer a free telephone-based weight management program designed to help:

- Increase energy
- Boost confidence
- Make lasting changes

During your phone calls, our trained, registered nurses will help you:

- Assess readiness to change
- Identify current barriers
- Develop achievable goals

Our weight management program is designed to help members, ages 21 to 63, who have BCBSKS as their primary carrier. This program is provided at no additional cost to your existing health care plan, and will not affect your benefits.



**HealthyOptions**<sup>SM</sup>

**Enroll Today! 1-800-520-3137**

