

Drop 10 in 10

Lose 10 pounds or 10% of your body weight in 10 weeks.

What's your reason for taking control of your weight?

I will feel better.

I will have more energy.

I can be more active with my family.

I will sleep better.

I will improve my appearance.

I can improve my heart health, blood pressure, cholesterol, and/or better control my diabetes.

Maintaining a healthy weight is important for overall health, well-being, and the prevention and management of medical conditions.

The Drop 10 in 10 Program is designed to help you build the skills needed to lose weight and keep it off.

Your wellness coach will guide you in learning strategies and tools to assist with weight loss, including:

- Lifestyle tracking skills.
- Mastering food labels and portion sizes.
- Becoming a meal planning pro.
- Savvy food shopping tips.
- Jump starting your physical activity plan.
- Reducing stress levels with relaxation skills.
- Breaking down barriers and problem solving.
- Sustaining progress during challenging times.

Whether you are looking to lose weight, maintain your weight, or simply develop healthier lifestyle habits, this program is right for you!

How to Participate

Call a wellness coach to enroll in the program and you will receive a workbook to use as a guide. You will work directly with a wellness coach over the phone to explore the program materials, set goals, and discuss your progress. You will have scheduled follow-up calls with your coach. And, if you have questions or run into challenges along the way, you can call your coach anytime.

Take the first step and we'll help you drop 10 in 10! For more information or to enroll in the program, call 1-800-650-8442 to talk to a wellness coach today.

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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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