

Actions lead to better control of your weight, and life.

Achieving a healthy weight starts with you. You can improve your nutrition and exercise habits to prevent or reduce obesity-related problems. AllOne Health Management Solutions can help motivate you and support your efforts to manage your weight. You have access to health coaches who provide support and education to help you achieve and maintain a healthier weight, for life. This program does not replace the care of your doctor. Instead it supports his/her recommendations to help you successfully manage your weight.

Our Weight Management Program gives you the tools you need to succeed.

Our program includes:

- A nutrition toolkit to kick start your efforts toward achieving a healthy weight.
- Telephone calls from a licensed registered dietitian to help you in establishing a weight management plan and goals.
- Coordination of care with your doctor.
- Educational newsletters filled with recipes, ideas to help change nutrition, exercise and eating behaviors and the latest information on weight management.

If you are interested in receiving educational materials about weight management or would like to speak with a health coach, please call **1.866.430.2551** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit www.myallonehealth.com.

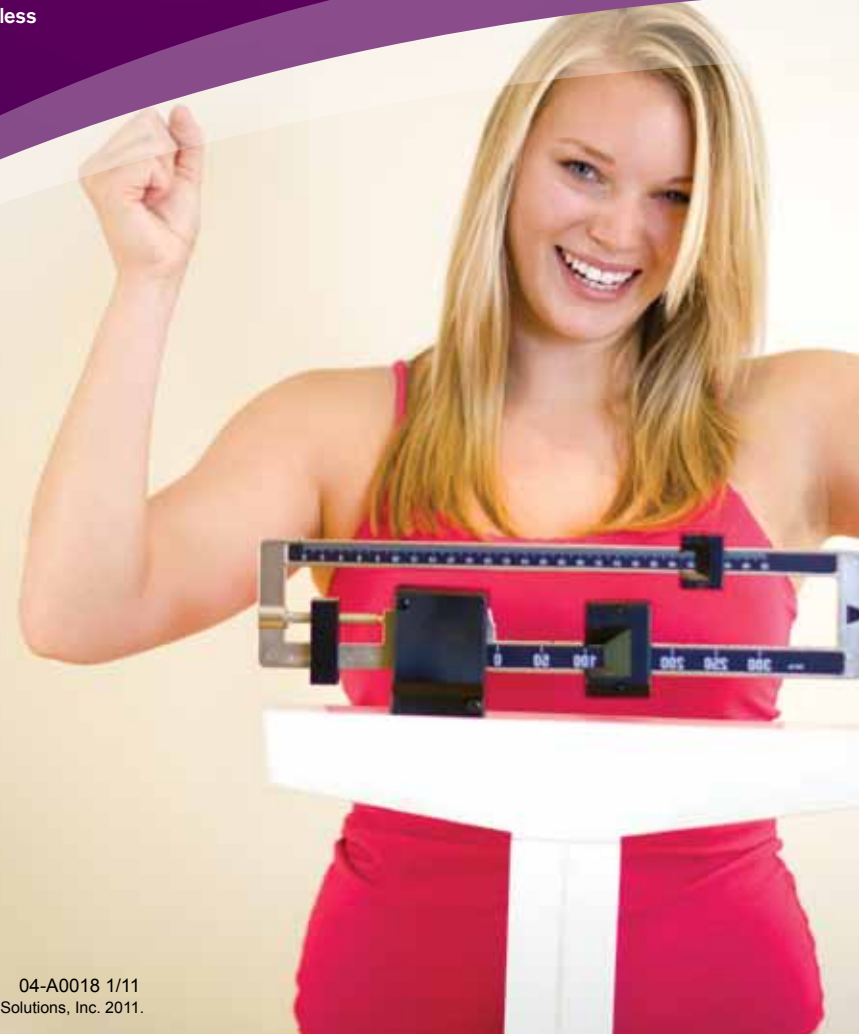
AllOne Health Management Solutions is here to help you.

Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared with your health coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our care management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

Weight Management



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If you are one of the many Americans who are struggling to achieve a healthy weight, know that you can make the changes necessary to lead a healthier life.

Habits are not always easy to break but with the right information and support, you can change your behaviors—for the better.

AllOne Health Management Solutions® offers a Weight Management Program for obese adults and overweight or at-risk children. Our program will increase your knowledge and enhance the skills that are needed to succeed at managing your weight.

Management begins with awareness.

As a nation, we are in the midst of an epidemic of poor nutrition and physical inactivity. These lifestyle choices can lead to obesity—a serious health concern that our nation is facing. The increased health risks of obesity include, but are not limited to, heart disease, diabetes mellitus and stroke.



For adults

A quick way to determine if you are considered obese is to find out if your body mass index (BMI) is 30 or greater. BMI represents the ratio of your body weight to your height.

Height is:	and Weight in Pounds is:	Height is:	and Weight in Pounds is:
5' 0"	153	5' 8"	197
5' 1"	158	5' 9"	203
5' 2"	164	5' 10"	209
5' 3"	169	5' 11"	215
5' 4"	174	6' 0"	221
5' 5"	180	6' 1"	227
5' 6"	186	6' 2"	233
5' 7"	191	6' 3"	240

For children

To determine if you should be concerned about your child's weight, you will need to know your child's BMI-for-age percentile. You can have this percentile calculated by your child's doctor, a school nurse or by calling our licensed registered dietitian toll-free at **1.866.430.2551**.

A child is considered at risk for being overweight:

- If the BMI-for-age percentile falls between the 85th and the 94th.

A child is considered obese:

- If the BMI-for-age percentile falls at the 95th or greater.

Our Weight Management Program is focused on helping both adults and children who fall into these ranges.



Management takes understanding.

Obesity is a complex condition that is usually caused by a combination of genetics, environment, behavior and psychological issues. As a result, many people find it difficult to lose and maintain a healthy body weight. In addition, many people have a high-stress lifestyle with overwhelming work demands, little time for exercise and leaving little time to prepare healthy foods. It is a challenge for many people to adopt new behaviors. Making weight loss a priority in your life is the first step on the road to success.

This means making changes such as eating healthy foods, being more physically active and learning how to change behaviors. It means recognizing that weight loss and weight management are lifelong processes.