

# Aim for healthy weight

## If you are overweight or obese, you are at risk of developing:

- high blood pressure
- high blood cholesterol
- type 2 diabetes
- coronary heart disease
- stroke
- gallbladder disease
- arthritis
- sleep apnea and breathing problems
- some cancers
  - endometrial
  - breast
  - prostate
  - colon

## Consider the benefits of losing weight

Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions. Studies show that an increase in weight also increases a person's risk for heart disease, high blood cholesterol, high blood pressure, diabetes, and other conditions.

**Did you know** that losing as little as 10 percent of your current body weight can make a significant difference in your health?

**Did you know** that it is better to maintain a moderate weight loss over a longer period of time than it is to lose lots of weight and regain it?

**Did you also know** that Independence Blue Cross (IBC) encourages members to maintain a healthy weight through its **Healthy Weight, Healthy You!** program? This program provides the information and tools members of all ages need to identify, achieve, and maintain their ideal weight. Highlights of the program include:

- \$200 reimbursement toward youth weight management programs, such as those offered through Weight Watchers®, YMCA's H.I.P. Kids (Health Intervention Program), and network hospitals;
- "Max's Magical Delivery: Fit for Kids," a fun, interactive DVD targeted to children ages 5 through 9. This free DVD emphasizes the importance of eating a balanced diet and suggests fun ways to be physically active;
- the opportunity to complete a free Personal Health Profile. Not only will this provide you with a detailed report on your possible health risks, but you will also be eligible to receive a free "Nutrition for Life" resource guide.

Simply log on today at [www.ibx.com](http://www.ibx.com) or [www.ibxpress.com](http://www.ibxpress.com) to gain access to **Healthy Weight, Healthy You!** and other Healthy Lifestyles<sup>SM</sup> programs offered by IBC.

Source: National Institutes of Health; National Heart, Lung, and Blood Institute.

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We're here for you every step of the way.

