

Weight Management

Do you or a family member have trouble managing your weight? The **Weight Management** program can get you on the road to healthy weight loss.

The program is made for all members who have been diagnosed with obesity. This program can help you lead a healthier life and teach you about what you can do to control your weight.

What can cause me to have a problem with my weight?

- Poor food/drink choices
- Not enough exercise
- Too much time in front of the TV, video games and computer
- An increase in stress
- Poor sleep habits
- A history of obesity in your family

What other health problems can be caused by poor weight management?

- Type 2 Diabetes
- High blood pressure
- Heart disease
- High Cholesterol
- Depression
- Sleep apnea
- Heartburn
- Infertility

How can I manage my weight?

Talk with your doctor and work together to create a Weight Management Action Plan.

This plan will help you know what you can do to manage your weight and get on the road to better health. If you can't follow the Weight Management action plan, tell your doctor and discuss choices. Talking with your doctor is the first step toward managing your weight. Don't be afraid to ask questions. Write down your questions before your doctor's visit. Learning puts you in control.

How do I sign up for the Weight Management Program?

To enroll in the Weight Management program, do any one of the following:

- Call your doctor.
- Call your local UnitedHealthcare Community Plan Office.
- Call the customer service number on your ID card.