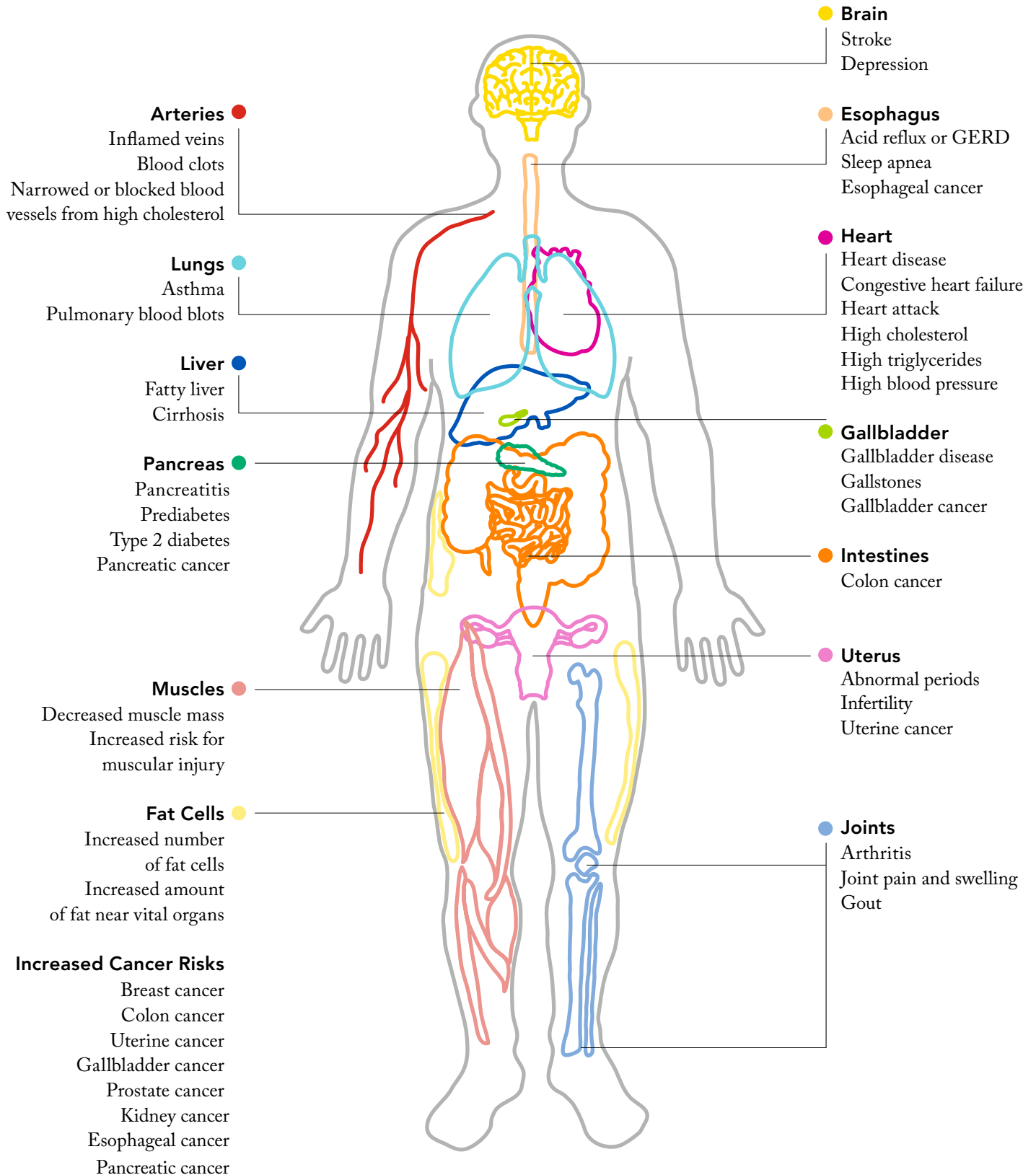


Obesity and Your Body

Excess weight affects every part of your body. It is important to maintain a healthy weight to reduce the risk of chronic diseases and death.



Obesity and Your Body

If you are overweight or obese, begin a discussion with your health care provider about how you can lose weight and reduce your risk.

Questions to ask you health care provider:

1. What is my risk for the following conditions?
 - High blood pressure
 - Prediabetes or type 2 diabetes
 - High cholesterol
2. Arthritis
3. What are three things I can start doing today to reduce my risk for these conditions?
4. Is there anything abnormal about my health that I should be concerned about?
5. Can you provide me more information about (specific condition or health concern)?
6. Can you recommend me to a dietitian for nutrition counseling?

Weight Management Recommendations from *Strive for Wellness*[®] Program Dietitians

Monitor your weight

Weighing yourself regularly helps you keep track of how your progress and changes in your lifestyle affect your weight. For accurate weights, weigh at the same time each day.

Keep track of dietary intake

Pay attention to food labels and look up the nutrition information at restaurants before you order. Many smart phone and web applications are available to help you track intake.

Increase activity

While eating healthfully is important for weight loss, individuals who increase their activity have greater muscle gain and fat loss.

Increase fruits and vegetables

Fruits and vegetables are naturally high in nutrients and low in fat and calories.

Naturally Slim[®]

Eligible members enrolled in an MCHCP medical plan can take advantage of a weight management and disease prevention program called Naturally Slim.

MCHCP medical plan members age 18 and older (except those enrolled in Medicare or TRICARE) can sign up for this program if they meet criteria set by Naturally Slim. It is covered 100% by MCHCP. Multiple classes are offered annually. Watch MCHCP's website and social media accounts for details and announcements of enrollment periods.

Strive Employee Life and Family (SELF) Program

State employees eligible for MCHCP medical coverage and members of their household may use the Strive Employee Life & Family (SELF) program 24 hours a day, every day of the year, to help reduce stress, improve health and enhance life balance. Plus, the SELF program is offered at no cost to you! Visit www.mchcp.org for more information.