

## How—and Why— UPMC MyHealth Eating Well™ Works

The UPMC MyHealth Eating Well™ On-site Group Program can help you make healthy eating a daily practice. Some people can learn to improve their eating habits without outside help. But many people need information and tools, and they want support. Studies show that those who take part in a coaching program like this one are more successful.

A UPMC MyHealth on-site group program has many benefits. You will receive:

- Guidance and encouragement from both the group leader and fellow group members
- Information, support, and a connection with others who are working toward similar goals
- A chance to help others
- Motivation for staying on track with weekly goals

### What this program provides

- Six weekly **on-site group sessions**
  - ✓ The sessions will be conducted by a UPMC Health Plan health coach who is a trained *nutrition specialist*.
  - ✓ Each session lasts 60 minutes.

- ✓ There will be no lectures. Your coach will review each member's progress, help resolve any challenges, share some new ideas, and help you build skills for reaching your nutrition goals. The sessions will be focused mostly on *you* and your fellow group members — sharing your experiences about what works well (and not as well) in building healthier eating habits. *You are encouraged to ask questions.*
- ✓ You can also call your health coach at **1-800-807-0751** any time between sessions for help or support.
- A **workbook** with six sessions, including:
  - ✓ Readings and assignments that will prepare you for each group meeting
  - ✓ The most recent facts about nutrition, based on scientific evidence
  - ✓ Tips to help you put those facts into practice and improve your eating habits, one step at a time
- **Trackers and tools** to make the program more effective — *and more fun!*
  - ✓ A *wallet card* to remind you of what and how much to eat each day.
  - ✓ An easy-to-use *Daily Food Tracker* for recording what and how much you eat.
  - ✓ A *SMART Goals worksheet* for planning your nutrition goal each week.
  - ✓ And more! The workbook will send you to various tools as you need them.

## After the program

Included with your workbook you will find the **Eating Well for Life Journal**. This journal will help you maintain your progress and stay motivated during the coming year.

You will also receive *three brief calls of support* from your health coach at 30 days, 90 days, and 6 months after you complete the program.

## Your first assignment

To begin:

1. Read and sign the **Eating Well Pledge**. It explains what will be asked of you as you participate in the program. It will also help you make a clear commitment to improving your eating habits. If you like, post the pledge where you will see it often.
2. Read **Session 1** in the workbook and do all the **Learning Activities in Session 1** *before* your first group meeting. Set aside time each day to do this. Begin to record your eating on the **Daily Food Tracker**.

## A final note

Doing this work — reading and completing workbook activities and assignments — may make you feel as if you are back in school. That's okay! Learning to make healthier food choices is just like learning any other skill.