

How—and Why— UPMC MyHealth Weigh to Wellness™ Works

The UPMC **MyHealth Weigh to Wellness™ Self-Study Program** can help you reach and keep a healthy weight through healthy eating and being active.

This program is designed to help you reach and keep a healthy weight on your own. Many people benefit from the extra support and information a health coach can provide. While completing this self-study program, you will have access to a health coach with special training in weight management to support you, on an as-needed basis.

What this program provides

- A **workbook** with eight sessions, including:
 - ✓ Structured readings and assignments that will walk you through the program step by step, help you strengthen your resolve, focus your efforts, and gain needed skills
 - ✓ The most recent facts about losing weight, based on scientific evidence
 - ✓ Guidelines to help you put those facts into practice and safely reach a weight loss goal, one step at a time
 - ✓ A healthy meal plan with menus for breakfast, lunch, dinner, and snacks, and a shopping list
 - ✓ Tip sheets with helpful hints on special topics, to support your personal weight loss needs and interests

- **Trackers and tools** to make the program more effective — *and more fun!*
 - ✓ Easy-to-use *trackers* for recording what you eat and how active you are.
 - ✓ *Weight and activity grids* to display your progress over time.
 - ✓ A *SMART Goals worksheet* for planning your weekly nutrition and physical activity goals.
 - ✓ A *counter* that lists the calories and fat grams in foods.
 - ✓ *Measuring cups and spoons* to help you manage the amount of food you eat.
 - ✓ A *pedometer* to help you track how active you are and become more active over time.
 - ✓ And more! The workbook will send you to various tools, as you need them.
- The **convenience** of being able to complete the workbook sessions and assignments on your own, at times that best fit your schedule.
- Unlimited access to a UPMC Health Plan **health coach** who is a trained *weight management specialist*. Your health coach can help you get the most from your workbook, trackers, and tools and will share tips on overcoming your unique barriers to reaching a healthier body weight. *Studies show that self-study programs are more successful when combined with support such as from a health coach.*

You can call your health coach at **1-800-807-0751** as many times as you need!

After the program

Included with your workbook you will find the **Keeping the Weight Off 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 **Weigh to Wellness Pledge**. It explains what will be asked of you in the program. It will also help you make a clear commitment to losing weight. 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 and “To Do” assignments in Session 1** before you move on to Session 2. Begin to record what you eat and your minutes of physical activity on the **trackers and grids** provided.

You may find it helpful to read an entire session at the beginning of each week. Then review a part of that session each day as you work on the assignments. This way you will be thinking about your progress every day and will be more likely to stay on track with your goals.

A final note

Doing this work — reading and completing workbook activities and “To Do” assignments — may make you feel as if you are back in school. That’s okay! Learning to manage your weight is just like learning any other skill.

You can waste your time on fad diets or other weight loss schemes in the hopes of finding a quick and easy way to lose weight. Or you can use your time and energy more effectively by committing to all aspects of your UPMC MyHealth Weigh to Wellness™ Program — *to make permanent lifestyle improvements that will benefit you now and for years to come.*