

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

The UPMC MyHealth Weigh to Wellness™ Tele-Group (Telephone-based Group) Program can help you reach and keep a healthy weight through healthy eating and being active. Some people can manage their weight without outside help. But many people need information and tools, and they want support. Studies show that coaching programs like this one help people lose more weight and keep it off longer.

A UPMC MyHealth tele-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

This *tele-group* program has additional advantages:

Convenience – There is no travel time or expense. Whether you are in your office, at home, or on the go, group meetings are as close as the nearest phone.

Privacy – Meetings are conducted on a first-name basis. This may make it easier for some participants to freely share their questions, concerns, and experiences.

Diversity – Members from many different locations and work settings can take part in the same group. Each member benefits from a broad range of experiences and perspectives.

Simplicity – Taking part in a tele-group is as easy as making a phone call.

What this program provides

- Eight weekly **tele-group sessions**
 - ✓ The sessions will be conducted by a UPMC Health Plan health coach who is a trained *weight management specialist*.
 - ✓ Each session lasts 60 minutes and will be conducted in conference call style with 10 to 12 participants.
 - ✓ 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 eating and activity 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 healthy eating and activity habits. *You are encouraged to ask questions.*
 - ✓ You can also call your health coach at **1-800-807-0751** any time during or after the program for additional support.
- A **workbook** with eight sessions, including:
 - ✓ Readings and assignments that will prepare you for each group call
 - ✓ 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
- **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 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.

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 as you participate 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 in Session 1** *before* your first tele-group call. Set aside time each day to do this. Begin to record what you eat and your minutes of physical activity on the **trackers and grids** provided.

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.

UPMC HEALTH PLAN