

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

The UPMC MyHealth Weigh to Wellness™ On-site 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 on-site group program has many benefits. You 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

- Eight weekly **on-site 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.
 - ✓ 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 physical 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 meeting
 - ✓ 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.

After the program

Included with your workbook you will find the **Keeping the Weight Off Journal**. This journal will help you maintain your success 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 group meeting. 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.

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.*

UPMC HEALTH PLAN