

# WEIGHT MANAGEMENT PROGRAM BY TELADOC HEALTH®

## YOUR GUIDE TO BETTER HEALTH

[fepblue.org](https://fepblue.org)

### WE'RE HERE TO SUPPORT YOUR WEIGHT GOALS

If managing your weight feels hard, you're not alone. Many people in the U.S. struggle with maintaining a healthy weight. It can be even harder without support. That's why we're here to help you feel better and stay healthy.

### WHAT ARE THE BENEFITS OF WEIGHT MANAGEMENT?

When you maintain a healthy weight, your overall health benefits too. It can help lower your:







- Blood pressure
- Cholesterol
- Blood sugar

It can also lower your risk for heart, liver and joint problems.



### ABOUT THE PROGRAM

The **Weight Management Program by Teladoc Health** helps you lose weight and improve your health. You'll get the support to eat better, stay active and build healthy habits—all at no out-of-pocket cost. The program includes:

-  A personal health plan with live coaching
-  Tips for healthy eating and exercise
-  A smart digital scale that sends your weight readings right to the Teladoc Health app
-  Help with sleep and stress
-  Food tracking with feedback from a dietitian
-  Access to a library of health resources, such as recipes and meal plans

Log in to MyBlue® to sign up today at [fepblue.org/myblue](https://fepblue.org/myblue).



## WHO CAN JOIN

This program is available to members 13 and older.\* To participate, you must meet one of these requirements from the past three years:



You have an adult pharmacy or medical claim with a BMI (body mass index) of 25 or higher.

or



You have a pediatric pharmacy or medical claim in the 85th percentile or higher.

**You do not need to have diabetes to participate.**

*\*You must have a valid APO, DPO or FPO address if you live overseas.*

To learn more about the Weight Management Program and other resources to help you enjoy a healthier life, visit [fepblue.org/weightmanagement](https://fepblue.org/weightmanagement).



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This information is not a substitute for medical advice. Talk with your health care provider if you have questions or concerns. This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. For a full description of benefits, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures. The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program®, FEP® and MyBlue® are all trademarks owned by Blue Cross Blue Shield Association.

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