

# WEIGHT MANAGEMENT

What you need to know

## What is body mass index?

Body mass index (BMI) compares your weight in relation to your height to help determine if you are in a healthy range. A BMI between 18.5 and 25 is typically considered a healthy range. It's important to note that BMI is not an exact measurement of your health status but it can provide valuable insight into your overall health.



### Understand the health risks

Being over or under a healthy weight poses some serious health risks that take a toll on your whole body. For example, obesity (typically a BMI over 30) increases your risk of heart disease, diabetes, heart attack, fatty liver disease and cancer. Excess weight also affects your day-to-day life, putting added stress on your joints and organs. In turn, this can contribute to shortness of breath, trouble sleeping and fatigue.\*

## How to manage your weight

When you have a high BMI, losing just 3% to 5% of your total weight is enough to start to see positive health changes, according to the National Institutes of Health.<sup>1</sup> An important step is eating a balanced diet at home that includes:



Fruits and vegetables



Fiber



Smaller portions



Whole grains



Healthy fats



No sugary drinks

Regular exercise is also important. Talk to your doctor about an exercise routine that makes sense for your health. While the goal is at least 150 minutes of moderate-intensity physical activity per week, your doctor may start you with a more simple routine like taking walks once a day.



We now cover weight management medications for eligible members who receive prior approval. We also reduced the age requirement of weight loss (bariatric) surgery from 18 to 16.

# We can help you reach a healthy weight



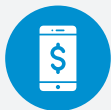
## Wellness Incentive Program

Get a personalized action plan and track progress toward your health goals—eligible Basic and Standard Option members can even earn up to \$170\* after completing their Blue Health Assessment and three goals with the Online Health Coach.<sup>2</sup> Get started at [fepblue.org/BHA](https://fepblue.org/BHA).



## Routine Annual Physical Incentive Program

FEP Blue Focus members can get rewarded for having their annual physical every year. Choose from rewards like a four-month gym membership, a personalized diet plan or \$150 on your MyBlue® Wellness Card.<sup>3</sup> Learn more at [fepblue.org/fbfincentive](https://fepblue.org/fbfincentive).



## Discounts from Blue365®

Blue365 gives you access to handpicked deals on your favorite national health and wellness brands. Save on everything from gym memberships to exercise apparel and personal care to nutrition. Sign up free at [fepblue.org/blue365](https://fepblue.org/blue365).



## Nutritional counseling via Teladoc®

Connect with a registered dietician who can evaluate your nutritional needs and help you develop personalized diet meal plans—all from your phone or computer. These visits are covered in full for all Service Benefit Plan members.<sup>4</sup> Visit [fepblue.org/telehealth](https://fepblue.org/telehealth) to find out more.

## We're in this together

Everyone's health and weight loss goals are different. Talk to your doctor before starting a weight loss plan and see what's recommended for you. Visit [fepblue.org/weight-loss](https://fepblue.org/weight-loss) to learn more about how we can help you reach a healthy weight.

\*Source: [verywellhealth.com/obesity-symptoms-4689168](https://www.verywellhealth.com/obesity-symptoms-4689168)

<sup>1</sup>Source: [verywellhealth.com/how-obesity-is-treated-4690676](https://www.verywellhealth.com/how-obesity-is-treated-4690676)

<sup>2</sup>You must be the contract holder or spouse, 18 or older, on a Standard or Basic Option Plan to earn incentive rewards.

<sup>3</sup>Location restrictions apply. Your MyBlue account will list the rewards available in your specific location. You must be 18 years of age or older, and the contract holder or spouse on your Plan, to earn this reward. We encourage you to consider possible tax implications of your rewards as part of this program and to consult your tax, legal or accounting advisors for additional information. Not all Blue365 vendors are included in this program.

<sup>4</sup>Nutritional counseling is available in all 50 states and Washington, D.C. These are limited to individual sessions; we do not provide benefits for group counseling.

Any information or materials included here is not meant to replace the advice of your doctor or health care professional.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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