

You can do it

Weight-loss help is here

Losing weight is one of the most important things you can do for your health. Studies show that losing just 10 pounds makes a difference.

Here are just a few ways Providence Health Plans can help:

Weight Management Resource Center

In this online center, you can:

- Calculate calories and your body-mass index.
- Read articles about reaching a healthy weight.
- Get expert tips on topics such as common eating mistakes, losing the last 10 pounds, and much more.

LifeBalance fitness discounts

As a Providence Health Plans member, you can use LifeBalance discounts on:

- Health and fitness clubs.
- Athletic shoes and equipment.
- Weight management classes.
- Recreational activities such as skiing and golf.

Get fit, fabulous and healthy – we'll help you get there.

Learn more at:

www.providence.org/php/healthbalance.

