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Health Net

# Ready to Lose Weight?

*Decision Power® can help.*

Your reasons for starting a weight loss program are individual – But the process doesn't have to be.

Whether your aim is to improve your physical fitness, to become more comfortable, or to take advantage of the health benefits, losing weight can lead to positive changes in your life. For some people, losing weight can save their lives.

## *Decision Power for weight loss and nutrition*

We developed these free health improvement programs to support you through the process of learning to eat smarter, losing weight and keeping it off. With our programs, you can reduce your risk of heart disease and diabetes while improving your overall health and well-being.



Over 68 percent of adults in the U.S. are overweight or obese.

Source: National Health and Nutrition Examination Survey 2011–2012

## *You're not alone*

Health Net of California, Inc. and Health Net Life Insurance Company's (Health Net) Decision Power programs for weight loss and nutrition offer you these support options:

### **Support by phone**

Decision Power wellness health coaches are available with one-on-one telephonic support – They can help you learn ways to make healthier food choices and stay motivated to lose weight. You'll receive a Health Coaching workbook with the tools and information you need to lose the weight and keep it off.

Call the number on the back of your ID card, or log in to [www.healthnet.com](http://www.healthnet.com) to reach a clinician 24 hours a day, 365 days a year.

### **Health Promotion programs – online access**

Visit our website to find useful online resources, including our comprehensive Health Promotion programs on weight management and nutrition. Each program includes personalized goal setting, trackers and action plans to help you lose weight and eat healthier. There are healthy recipes, cooking videos and calculators that provide helpful tips. To get started, go to [www.healthnet.com](http://www.healthnet.com), then log in or register. Click *Wellness Center*, then *Health Promotion Programs* where you will be directed to information about weight loss programs.

Health Net realizes that the decision to lose weight is yours. Whether you've tried before or are thinking about it for the first time, we are here to support you in taking the steps to a healthier lifestyle.

You have access to Decision Power through your current enrollment with Health Net of California, Inc. and Health Net Life Insurance Company. Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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