

Drop 10 in 10

Lose 10 pounds or 10% of your body weight in 10 weeks.

What's your reason for taking control of your weight?

I will feel better.

I will have more energy.

I can be more active with my family.

I will sleep better.

I will improve my appearance.

I can improve my heart health, blood pressure, cholesterol, and/or better control my diabetes.

Maintaining a healthy weight is important for overall health, well-being, and the prevention and management of medical conditions.

The Drop 10 in 10 program is designed to help you build the skills needed to lose weight and keep it off. Whether you work closely with a personal wellness coach or on your own, you'll be guided step by step toward feeling your best.

Throughout the program you will learn strategies and tools to assist with weight loss, including:

- Weight management basics
- Balancing portions to create a healthy plate
- Tips to shop smart and plan meals
- Physical activity basics
- Stress management coping skills
- Planning for challenging situations

Whether you are looking to lose weight, maintain your weight, or simply develop healthier lifestyle habits, this program is right for you!

How to Participate

Call a wellness coach to enroll in the program and you will receive a workbook to use as a guide. If you have questions or run into challenges along the way, you have the option to call your coach. **You have three options for completing the program:**

1. **By Phone:** You will work directly with a wellness coach to explore the program materials, set goals, and discuss your progress. This option includes scheduled follow-up calls with your coach.
2. **Self-Study:** You will work through the program at your own pace.
3. **Email:** Similar to the self-study option, you will work through the program at your own pace with the support of bi-weekly emails from your coach.

Take the first step and we'll help you drop 10 in 10! For more information or to enroll in the program, call Blues on CallSM at 1-888-258-3428 to talk to a wellness coach today.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Blues on Call is a service mark of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

5/17 CS202307

