

## Commit to a healthy weight

It's time for a change. Eating healthier and getting more exercise may seem overwhelming. Our busy lives force us to make convenient choices. Although it may take more time to eat better and exercise, your health is worth the effort.

People who are overweight are more likely to have health problems such as:

- High cholesterol
- High blood sugar
- High blood pressure
- Joint pain
- Heart disease

Losing weight can help you lower your risk for diseases and stay healthy.

## Tel-A-Nurse

For non-emergency healthcare, your first stop should be your primary care physician, who oversees your health needs. If you need non-emergency medical advice, nurses are available 24/7 with the Tel-A-Nurse chat line. Simply call 877-543-5061.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。



## Finding a balance

Making a few simple lifestyle changes can help you lose weight.

Here are some tips to get you started:

- Set realistic goals and make a plan.
- Be more active.
- Choose foods and drinks low in fat, calories and sugar.
- Eat smaller portions. If you need to snack between meals, look for healthy options.
- Make changes you can keep doing. Avoid “crash diets.”
- Talk to your doctor about lifestyle changes that are right for you.

## Portion sizes

The perception of portions has become distorted over time. Prepared foods began to increase in size during the 1980s and have continued to grow. The average bagel and cheeseburger have nearly doubled in size, significantly increasing the calories. The average order of french fries is now three times as big as it once was.

## Portion guide

Your fist = 1 cup

Your palm = 3 ounces (suggested portion for meat)

Your thumb tip = 1 teaspoon

Your thumb = 1 ounce or 2 tablespoons

A handful = 1-2 ounces of snack foods





## Get active

Look for opportunities to move more. Take the stairs instead of the elevator. Choose the parking spot farthest from the door. Take a walk during your lunch break.

The American Heart Association recommends 30 minutes of moderate activity five days a week. They also recommend strength training twice a week. The key is to start slow and build up.

The golden rule of weight management is remembering the calories you eat should equal the energy you use. To lose weight, either eat less or do more. Eat a variety of fruits and vegetables, whole grains, lean meats and low-fat dairy products.

It is also important to have a good support system. Being part of a weight loss program or exercising with a friend can add motivation and will make weight loss seem easier. The best way to lose weight is to combine healthy food choices and an active lifestyle.

## We're here to help

Our certified health coaches offer weight management programs with resources and tools to help you meet your goals. They work one-on-one with you to give you the support you need. For more information or to sign up, call the wellness team at 866-415-7138.



## What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition - all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

Geisinger Gold believes our care coordination program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 570-214-8649, speak with your healthcare provider or visit us on the web at [GeisingerGold.com](http://GeisingerGold.com)

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs