



## YOU KNOW HOW TO LOSE WEIGHT.

## WE'LL HELP YOU STICK TO YOUR PLAN.

Learn to make lasting behavior changes that will help you attain and maintain a healthy weight for life! With your free telephonic group coaching program available through your Health Net EAP, you can receive:

- Eight one-hour telephonic group coaching sessions over an eight-week period
- Up to 10 months of maintenance and support
- Workbooks, pamphlets and CDs to promote a healthier lifestyle
- Strategies on how to maintain a diet that works for you

## READY TO TAKE CONTROL?

Call us toll-free anytime: **800-977-0281**

TDD callers, please dial: **800-977-6757**



**Health Net**<sup>®</sup>  
A Better Decision

In Arizona, benefits are insured and/or administered by Health Net of Arizona, Inc. for HMO plans and Health Net Life Insurance Company for indemnity plans and life coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties.

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