

## Welcome

Congratulations! You have successfully enrolled in the **UPMC MyHealth OnLine Weight Management Program**. Taking part in this program will help you reach and keep a healthy weight through healthy eating and being active.

A UPMC MyHealth OnLine program has many benefits, including:

- Structured readings and activities to help strengthen your resolve, focus your efforts, and gain needed skills
- Convenience (You can complete the readings and activities at times that fit your schedule.)
- Privacy

## What this program provides

- A set of **10 online sessions or “phases,”** to be completed over 10 weeks
  - ✓ The most recent facts about losing weight, based on scientific evidence
  - ✓ Guidelines to help you put those facts into practice and reach and keep a healthy weight
  - ✓ Readings and seven brief lessons or “steps” to complete (one step per day) for each phase
- Unlimited access to a UPMC Health Plan **health coach** who is a trained *weight management specialist*. Your health coach can help you get the most from this online program and overcome your unique barriers to reaching and maintaining a healthier body weight. *Studies show that online programs are more successful when combined with support from a health coach.*

You can call your health coach at **1-800-807-0751** as many times as you need.

## After the program

Included with your workbook you will find the **Keeping the Weight Off Journal**. This journal will help you maintain your weight loss and stay motivated during the coming year.

You will also receive *three brief calls of support* from your health coach at 30 days, 90 days, and 6 months after you complete the program.

## Your first assignment

1. Read and sign the **Weight to Wellness Pledge**. It explains what will be asked of you as you participate in the program. It will also help you make a clear commitment to reaching and keeping a healthy weight. If you like, post the pledge where you will see it often.
2. Begin online with **Phase 1, Step 1**.
  - ✓ Go to [www.upmchealthplan.com](http://www.upmchealthplan.com).
  - ✓ Enter your **user ID** to log in. If this is your first time visiting, select the link next to “New User Registration” and follow the instructions.
  - ✓ Under the **Maximize Your Health & Wellness** heading in the center of the page, click on the **Work with a Health Coach** link.
  - ✓ Under the **Wellness Programs** heading, click on the **Online Lifestyle Programs** link.
  - ✓ Click on **MyHealth OnLine Weight Management Program**. (over)

- ✓ In the pop-up window click on the **Continue Without Enabling Pop-ups** option.
- ✓ Scroll down to the bottom of the **Lifestyle Improvement Program: Weight Management** page. Click on the **Enroll in Full Program** button.
- ✓ Answer the lifestyle questions. Click on the **Submit** button.
- ✓ Answer all the **Exercise Planner** questions. Click on the Submit button.
- ✓ Answer all the **Meal Planner** questions. Click on the **Submit** button.
- ✓ Click on the **Lifestyle Programs Home** button.
- ✓ Under **Next Steps** click on **Weight Management: Phase 1, Step 1**.

You may find it helpful to finish one phase per week by completing one step (brief lesson) each day. This way you will be thinking about your progress every day and will be more likely to stay on track with your goals.

## A final note

Doing this work — reading and completing activities — may make you feel as if you are back in school. That's okay! Learning to manage your weight is just like learning any other skill.

You can waste your time on fad diets or other weight loss schemes in the hopes of finding a quick and easy way to lose weight. Or you can use your time and energy more effectively by committing to all aspects of your UPMC MyHealth OnLine Weight Management Program — *to make permanent lifestyle improvements that will benefit you now and for years to come.*