

# Weight Loss Support for Coborn's Members

## Planning for you're a healthy future

Maintaining a healthy weight can help you feel your best and prevent chronic disease while allowing you to live an active lifestyle. Achieving your weight loss or maintenance goals requires good nutrition, regular exercise and a healthy lifestyle. As a Coborn's HealthPartners member, you have a variety of resources and tools to help you achieve your goals. Don't forget that as a member of the medical plan you also have coverage for weight loss medicines, obesity counseling and bariatric surgery. We've included a sample of what's available to help you get started.

### Well-being phone coaching\*

Did you know working with a health coach can be the missing link between setting goals and meeting goals?

If you are an adult (18+) with a Body Mass Index (BMI) of 30 or greater, you may be eligible to work with a health coach as part of your health plan coverage. If your BMI is 30 or higher, get started by calling: [952-883-7800](tel:952-883-7800).

### Healthy Discounts\*

HealthPartners has a variety of well-being discounts for members of all ages. Save money on everyday health needs with these [Healthy Discounts](#).

### Frequent Fitness\*

With the Frequent Fitness program, you can earn back up to \$20 per month by working out! Enroll in the [Frequent Fitness Program](#). Check in with your gym for participation requirements.

### DIY support\*

If you prefer to do it yourself, but need a little help getting started, check out these weight loss resources:

- [Losing weight for good](#)
- [How to eat out & eat better](#)
- [Mindful eating](#)
- [Emotional eating](#)
- [Ditch the diet](#)
- [Meal planning](#)
- [Stress and weight](#)
- [Get moving for weight loss](#)
- [Your environment and your weight](#)

## Are you ready to get started?

For general information visit [Weight control | HealthPartners](#). Activities vary by health plan participation log on to view your specific activities and resources.

*\*Resources available to Coborn's medical plan participants only*