

Plan for a healthy loss

“Lose weight without any diet or exercise!” Such claims by fad diets make it challenging to choose a weight loss plan that is safe, or to know what questions to ask.

Use these guidelines to talk to your doctor about a healthy plan that works for you:

- Write questions in advance.
- Share concerns about medical conditions you may have or medicines you are taking.
- Bring a pad of paper and pen to take notes.
- Do not be afraid to ask questions if there is something you don't understand.
- Ask for other sources of information, such as websites or brochures.
- If you want more help, ask for a referral to a registered dietitian support group or commercial weight-loss program.

Source: National Institute of Diabetes and Digestive and Kidney Diseases



Your chances of losing weight won't be slim-to-none when you debunk myths and follow a smart weight-loss plan.



Ready to downsize? Trim down with the For Your Health weight-loss tool available through the Personal Health Manager in Blue Access® for Members.

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www.bcbstx.com/hs

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