

Healthy Weight, Healthy You!

Get up to \$200 back Just attend your choice of approved weight-loss programs.

Did you know that Independence Blue Cross encourages members to maintain a healthy weight through its Healthy Weight, Healthy You! program? This program provides the information and tools members of all ages need to assess, achieve, and maintain their ideal weight. Highlights of the program include:

- Up to \$200 per year toward your class fees or membership costs for approved weight management programs including Weight Watchers® and network hospitals' programs.
- \$200 reimbursement toward youth weight management programs, such as those offered through Weight Watchers®, YMCA's H.I.P. Kids (Health Intervention Program), and network hospitals.
- Opportunity to complete a free Personal Health Profile, which will provide you with a detailed report on your possible health risks.

Enroll with Healthy LifestylesSM

Be sure to contact us at the time you sign up for your weight management program. You can do it online at www.ibxpress.com, or call our Health Resource Center at 1-800-ASK-BLUE or 1-215-241-3367, Monday through Friday, 8:00 a.m. to 6:00 p.m. You'll receive a letter confirming your enrollment and a reimbursement form.

Get your reimbursement

Submit your reimbursement request within 90 days after your 365-day program enrollment period ends. Complete and send the reimbursement form along with your completed Weight Watchers® membership books or receipts from a network hospital-based program to:

Independence Blue Cross
Attention: Healthy Lifestyles Healthy Weight, Healthy You!
1901 Market Street, P. O. Box 41880
Philadelphia, PA 19101-9131

Please note that dietary products are not eligible for reimbursement.



Consider the risks

If you are overweight or obese, you are at risk of developing:

- High blood pressure
- High blood cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Arthritis
- Sleep apnea and breathing problems
- Some cancers
 - ◆ Endometrial
 - ◆ Breast
 - ◆ Prostate
 - ◆ Colon

Simply log on today at www.ibxpress.com to learn more about Healthy Weight, Healthy You! and other Healthy LifestylesSM programs offered by Independence Blue Cross.

