

## ➤ Weight Care program



Are you confused  
about the best way to  
control your weight?  
We can help.

### As a participant in our Weight Care program, you will:

- Work one-on-one with a trained health coach over the phone or via email.
- Set goals and learn how to achieve them.
- Track your progress to better health.

## Meet Elise\*, who lost 30 pounds in one year.

In January 2009, Elise weighed 230 pounds. She was unable to control her urges to overeat and would binge on foods that made her feel sick. She felt out of control.

Elise started to work with Moda Health coach Tracey\*. Tracey helped Elise establish weight loss goals and identify what made her want to binge. Together, they came up with ways for Elise to avoid her overeating triggers.

With Tracey's help, Elise stayed focused on her goals. She began to walk outdoors – or exercise inside – everyday. She learned to eat healthier foods, and soon she had more control over her life.

After one year, Elise has lost 30 pounds. Not only has she lost weight, she has more self-confidence. She can now wear a smaller size and has even thrown out her old clothes!

*\*Names have been changed.*

### Get results

Coaching is easy!  
Contact us to get started.

Phone: 503-948-5548  
877-277-7281  
(TTY users, please dial 711)

Email: [careprograms@modahealth.com](mailto:careprograms@modahealth.com)

[modahealth.com](http://modahealth.com)

