



Don't weight to  
feel **great**



**BlueCross BlueShield  
of Illinois**

[www.bcbsil.com](http://www.bcbsil.com)

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Searching for a simple, effective approach to weight loss? The answer is here with **Don't Weight to Feel Great**, offered to you by Blue Cross and Blue Shield of Illinois.

This eight-week program teaches behavior modification strategies by providing you with informative handouts that also include links to Blue Access® for Members and resources at [www.bcbsil.com](http://www.bcbsil.com). You'll learn about:

- Eating right
- Physical activity
- Stress management
- Reducing risk of chronic diseases
- Healthy snacking and strategies for dining out
- Other lifestyle changes for long-term success

If your weight loss efforts have been going by the “weigh side,” don't wait to enroll.

**There's no time like now to start losing weight and feeling great!**

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