

Your healthy weight resource center

Start your weight
management journey
with us.

The Weight Center can guide you in the right direction

We know keeping a healthy weight can be a struggle — especially when life gets busy. And it's about feeling good, not just a number on a scale. Weight issues put you at greater risk for serious health conditions, like heart disease and diabetes, and can affect your quality of life.

That's why Empire BlueCross BlueShield is proud to introduce *The Weight Center*, a dedicated page on empireblue.com that houses lots of no-cost resources and information to help you manage your weight.

The Weight Center includes:

- An interactive and printable *Weight Management Playbook*, with sections on "Fitness," "Nutrition" and "Well-being"
- A list of eligible weight management programs
- *WebMD*® tips on getting active, healthy eating, improving your sleep and energy levels, and reducing stress
- SpecialOffers discounts on fitness and health items, such as Garmin fitness devices
- A link to a fun, upbeat Health Heroes radio station at Pandora® for motivational workout tunes
- A body mass index (BMI) calculator to measure your body fat based on height and weight

How do I get to The Weight Center page?

1. Go to empireblue.com/theweightcenter.
2. Log in or register.
3. Browse topics of interest.

Whether you're at your ideal weight and want to maintain or have pounds to shed or gain, you can find the guidance you need to meet your goals. Plus, as part of our whole health approach, we can offer you recommendations for programs that address your unique health concerns.