

## Security Health Plan wellness team offers free programs to help support our members' health

Security Health Plan's wellness team can be your valued partner in helping your patients maintain and improve their health. Health coaching over the phone and helpful health education materials are available free of charge to nearly all of our members to help with weight management, quitting tobacco/nicotine, increasing physical activity, healthy eating, managing stress and more.

If you have patients who can benefit from our programs, please have them call **Security Health Plan at 1-800-472-2363 (TTY: 711)** and ask to speak with a health coach.

[Click here to learn more about health coaching from Security Health Plan](#)

Here's an example of a Security Health Plan wellness program that could be valuable for your patients who are Security members:



**Click on image to view guidebook**

### Gaining a *better* you through weight loss

Did you know that 45 percent of New Year's resolutions involve weight loss? When you set weight loss goals, they can fuel your pride, energy and self-esteem. Reaching your healthy weight is one of the most important things you can do to improve your health, feel better and prevent disease.

It is important to remember to celebrate your successes no matter how small or large. While on your journey, learn from your setbacks and focus on your goals. Allow yourself to seek support and healthful rewards along the way – you deserve them.

Before beginning a weight-management program, discuss your goals with your health care provider, especially as your goals relate to health conditions that might be affected by lifestyle changes.

If you're in need of a little extra support and motivation, Security Health Plan members can receive free access to health coaches who will help them get healthy and stay healthy. With health coaching over the phone, Security Health Plan's trained, professional health coaches can help with all sorts of New Year's resolutions, from weight management, quitting nicotine, increasing physical activity, healthy eating, managing stress and more.

Not sure where to begin? Click above on the cover of our weight loss guidebook, "Your four steps for losing weight," to begin your own personal weight loss plan.