

Eat Better, Lose Weight

Health Advocate Can Help

Get Help Getting Trim

Recent research suggests that it does not matter which fad diet you choose to lose weight. Dropping pounds comes down to two actions: daily exercise — preferably an aerobic activity like walking to burn calories — and making healthy food choices like switching to low-fat fare.

We Can Help You Tweak Your Diet

There are many ways to change how you eat, from reading labels to smaller portions. Here are some other ways:

- **Slim down your milk.** Switch from whole milk to low fat the first week, then to skim the next week. A daily cup of the high octane could add seven pounds a year.
- **Slather on mustard instead of mayo.** The white condiment can put on nine pounds of pudge a year.
- **Trade candy bars for fruit.** A daily candy bar could add up to 26 pounds a year.
- **Snack on nuts, not nachos.** Chips are carbohydrates and carb-rich diets add fat around the middle.
- **Pick diet over regular soda.** One can a day can add 15 pounds a year.
[New England Journal of Medicine]

Two-Way Support Any Time

Your All-in-1 Health Advocate benefit, paid by your employer or plan sponsor, offers you healthcare help. When you need help with a healthcare or insurance-related issue, just call a Personal Health Advocate for help. Your PHA, typically a registered nurse, supported by medical directors and benefits and claims specialists, can help you find the right doctor, explain nutritional supplements, clarify coverage and more.

Contact Us for HELP!



866.695.8622



Email: answers@HealthAdvocate.com

Web: www.HealthAdvocate.com/members

Our normal business hours are 8 am to 9 pm Eastern Time, Monday through Friday. After hours and during weekends, staff is available for assistance with issues that need to be addressed during non-business hours.



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