

*“This program has helped me kickstart a better, healthier way of life. The bonus is that my husband has also been inspired by my efforts.”*

— ESMMWL participant



*“These sessions have nicely carved out a time-slot in which I can focus on my health...and also the motivation to regularly attend the gym which I joined a year ago but never went regularly.”*

— ESMMWL participant

## **NC Conference Offers a New Wellness Initiative for Active BCBSNC Health Plan Members & NC Conference Retirees**

### **What is Eat Smart, Move More, Weigh Less Online?**

- An evidence-based, 15-week weight management program developed by university and public health experts.
- Real-time, interactive, weekly sessions with personalized support and resources.
- Emphasis on lifestyle changes for eating and physical activity behaviors—NOT a diet.

### **What’s in it for you?**

- Weekly classes accessible from home or anywhere on your mobile device with internet access and offered on a variety of days and times!
- Personalized support from a Registered Dietician Nutritionist instructor trained in weight management/behavior change.
- Fun and motivating classes in an interactive, real-time format.

#### **Lesson Titles**

Introduction	Check the Facts	Move Strong
Make Your Commitment	Enjoy More Fruits & Veggies	Start Smart
Re-think Your Drink	Right-size Your Portions	Tame the Tube
Eat Fewer Calories	Plan, Shop, Fix & Eat	Pack Smart Lunches
Move More	Eat Out Less	Keep Your Commitment

### **How’s it work?**

- Pay only \$30 at the time of registration and receive a FULL REFUND for attending at least 10 out of 15 classes and meeting tracking requirements. Plus, completion of the program earns \$50 on the WIN program!
- Visit <https://esmmweighless.com/enroll-choose-a-class/> and enter the appropriate code below to receive the class for free. You will not be charged the \$235 general enrollment cost.
  - Active BCBSNC Health Plan members Voucher/Coupon code: **ASONCCUMC**
  - NC Conference Retirees Voucher/Coupon code: **ESMMWLNCCUMC**

### **2019 Series Schedule**

<b>ESMMWL – 2019 Class Series Schedule</b>	<b>Jan 2019</b>	<b>Feb 2019</b>	<b>Apr 2019</b>	<b>May 2019</b>	<b>Aug 2019</b>	<b>Sept 2019</b>	<b>Oct 2019*</b>
<b>Starting Week</b>	01/07/19	02/11/19	04/22/19	05/27/19	08/05/19	09/09/19	10/14/19
<b>Ending Week</b>	04/15/19	05/20/19	07/29/19	09/02/19	11/11/19	12/16/19	02/03/20
<b>Deadline for Registration</b>	01/04/19	2/08/19	04/19/19	05/24/19	08/02/19	09/06/19	10/11/19