



## A New Benefit for our health plan members



# Lasting Weight Loss Solutions Personalized For You!

A scientifically proven, sustainable lifestyle solution that includes:

- ✓ Access to \$0 copay medications that help you lose weight
- ✓ Support on your weight loss journey with a personal Health Coach
- ✓ Nutritional guidance and healthy eating options that fit you
- ✓ Free, connected weight scale and app to help you track and manage your goals (a \$250 value)
- ✓ Reminders and ongoing encouragement to keep you on track and minimize weight re-gain
- ✓ Pharmacist support to guide safe and appropriate medication options for you to discuss with your doctor

This free benefit is available to our health plan members ages 18 and over who have a diagnosis of obesity or have a BMI over 30.

**To enroll**, download the FREE **GHG Healthy Weight** app from Google Play or the App Store. You will need to answer some questions in the app and talk to your doctor to determine if this benefit is right for you. **Participation is voluntary and confidential.**

Call **Good Health Gateway** Member Services at **800.643.8028** if you have questions.

Google Play



App Store



This program is administered by Abacus Health Solutions and sponsored by your employer/health plan sponsor through the Massachusetts Strategic Health Group.

Available to employees and family members on an active Health Plans Inc. (HPI) health plan of the following member employers of the Massachusetts Strategic Health Group:

Town of:

- Abington
- Acushnet
- Douglas
- Franklin
  - Charles River Pollution Control District
- Grafton
- Medway
- Merrimac
- Northbridge
- Oxford
- Salisbury
- Templeton
- Webster
- Collaborative for Educational Services
- Dudley Charlton Regional School District
- Mendon-Upton Regional School District
- Narragansett Regional School District
- Spencer East Brookfield Regional School District
- Tri County Regional Vocational Technical