



FREE Weight Management Program

Looking to lose weight, eat healthier, and feel better? Florida Blue offers its members the opportunity to participate* in one of the following weight management programs for FREE**!



WeightWatchers

- ◆ Holistic and personalized approach
- ◆ In-person meetings for accountability
- ◆ Several locations available in your area
- ◆ Digital tools for on the go

OR



Online Coaching

- ◆ Flexible online health coaching
- ◆ Choose from a variety of programs to meet your needs
- ◆ Optional support groups for accountability
- ◆ FREE Wireless Scale & Fitbit

Visit <https://www.solera4me.com/betteryou> to see if you qualify and find which program is best for you!

*Participants must qualify via the risk quiz. Participants may only select one option and cannot switch once enrolled.

**Participants must have the Florida Blue health insurance provided through their employer.