

What works for me when it comes to losing weight?

Should I choose the low carb or the low fat diet? What's the best exercise for burning fat? Where can I find the will-power to beat this?

The Nationwide Better HealthSM Lifestyle program provides 52 weeks of online education supported by an average of 9 to 12 sessions of dedicated telephonic health coaching. The number of health coaching sessions depends on how healthy you are and the health risks you have. Topics include weight, physical movement, nutrition, stress and when appropriate, tobacco cessation.

Easy and empowering

The program is totally confidential – your health coach does not share your personal health information with your employer. Instead, they encourage ... and never judge.

What to expect

Your health coach will work with you to develop a Personal Action Plan that's uniquely yours. It will cover specific recommendations based on a 360-degree analysis of your lifestyle and situation, including losing weight by improving dietary habits and incorporating regular exercise into your life. The program also includes:

- Personalized Aerobic Exercise Plan, with target heart rate and/or exertion rating range
- Target goal for your daily maximum number of grams of fat and carbohydrate

You'll learn one concept at a time related to improving your health. With this easy-to-understand, step-by-step approach, you'll really master important lifestyle skills for improving your health.

So, get moving ... sign up today to work with a dedicated health coach.



Call Toll-Free Today!
888-254-1251
or log onto www.nwbetterhealth.com

IPBC

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Healthy Focus

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