

Reaching a Healthy Weight

Weight Management Resources for Members



Resources to Get Healthy

We know that for many of our members gaining control over their weight can feel like an impossible challenge. In addition, living with obesity has been proven to increase the chances of contracting dangerous medical conditions, such as heart disease, stroke, diabetes, asthma, sleep apnea, high blood pressure, and cancer. That's why PacificSource provides weight management programs to all of our members. Resources include Jenny®, Weight Watchers®, hospital-based education classes, and online Lifestyle Improvement Programs.

Jenny®

As a special incentive, Jenny offers PacificSource members and their adult household dependents:

- free 30-day Trial Program*
- 25 percent off a Premium Program*

* Food and, if applicable, shipping not included. Offer applies to initial membership fee only and is valid at participating centers in the U.S., Canada and Puerto Rico and through Jenny At Home. Each offer is a separate offer and can be used only once per person.

Weight Watchers®

As a part of their PacificSource medical coverage, members can participate in Weight Watchers programs and receive reimbursement. Members can receive reimbursement for Weight Watchers meetings or Weight Watchers Online once per plan year.

Hospital-Based Education Classes

Many local hospitals offer classes on topics that can help people optimize their health. PacificSource members can participate in hospital-based health education classes and receive reimbursement. Covered dependents are also eligible for this program. Hospital-based classes cover a wide range of health topics, such as heart health, weight loss, nutrition, and fitness.

Lifestyle Improvement Programs

Lifestyle Improvement Programs, part of our online Health Manager system, powered by WebMD®, help members begin and maintain a healthier lifestyle. Choose from Exercise, Nutrition, Smoking Cessation, Stress Management, Emotional Health and Weight Management. The programs include customized planners, trackers, and information to help members reach their goals.

More Information

For more information and eligibility requirements, visit PacificSource.com > For Our Members > Health and Wellness Programs.



PacificSource.com

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