

Weight Management Program

PacificSource's Lifestyle Improvement Programs

PacificSource offers our members access to customized health information, powered by WebMD. This site allows members to access an abundance of health information, tools, and resources as well as participate in Lifestyle Improvement Programs. These are sustained online behavior-change programs. One of the programs offered focuses on weight management.

Key Components of the Weight Management Program

- Educational readings
- Exercise planner
- Walking planner
- Meal planner

The program is designed for individuals to manage at their own pace. Participants also have the option to use parts of the program, such as the tracking tools, if they are involved in another weight management program, such as

Weight Watchers.

To Access the Weight Management Program

Visit our Web site, PacificSource.com, and log into InTouch. Click Health Manager. The Lifestyle Improvement Programs are located in the Healthy Living section. Choose the Weight Management program.

Other Programs

In addition to weight management, there are Lifestyle Improvement Programs on Smoking Cessation, Stress Management, Exercise, and Nutrition. The programs include customized planners, trackers, and information to help you reach your goals.

Questions?

If you have questions, you are welcome to contact our Customer Service Department at (888) 977-9299 or e-mail cs@pacificsource.com.

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PacificSource.com

