

Weight Management Pilot

Want to lose weight, but aren't sure how to begin?

The State Health Plan is offering Community College employees the opportunity to participate in an app-based weight management program! This is available at no additional cost to Community College employees and spouses on the State Health Plan.

WHAT: This is a 12-week app-based program that helps participants set goals to achieve or maintain a healthy weight and increase their physical activity. Once you have enrolled in the program you will receive weekly content that contains activities, articles on topics such as how to get started with weight loss, mindful eating, physical activity, recipes and tips, as well as weekly weight loss goal check-ins.

HOW: Eligible members will receive an email from Blue Cross NC with instructions on how to download the Wellframe App and enroll in the program.

NO EMAIL? Plan members who do not have an email address registered in BlueConnect can participate in the program by downloading the Wellframe App from their App Store and entering access code **ncshpwellness** to participate in the program.

We look forward to partnering with you on your Weight Loss Journey!

