

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417

(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)

(941) 741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941) 748-4501 ext 3967

Fitness/Exercise Programs

(941) 748-4501 ext 3979

Pharmacy Advocate

(941) 748-4501 ext 6406

Prescription Solutions

(800) 797-9791

Precertification

(941) 741-2963

Visit us online at:

www.ManateeYourChoice.com

Y Weight? Lose Weight with Manatee



Manatee's "Y Weight?" Weight Loss Program

You learned about your numbers during the Know Your Numbers Campaign. Now there is a program, called "Y Weight?" that may help you stay motivated to lose small amounts of weight over a period of time for lasting change and maintenance of a healthy weight. Check it out:

✚ **Goal:** Give members an incentive to engage in long-term healthy behaviors that reduce risk factors related to excess weight

✚ **Get paid to lose weight:**

- Earn up to \$400 in Health Bucks by keeping a healthy BMI or for losing weight
 - Healthy BMI or 5% weight loss by July 2012 = \$400 in Health Bucks
 - 2 to 4.9% weight loss by July 2012 = \$285 in Health Bucks
- Earn up to \$4,600 over a seven-year period for losing and/or maintaining a healthy weight

✚ **What you can do to meet your goal:**

- Free Fitness Center membership
- Reduced membership at GT Bray
- 5 visits no copay with a Registered Dietician
- 5 visits no copay with a Lifestyle Coach
- Medication Review with Clinical Pharmacist
- Change for Good Workshop
- Exercise Management
- Personal Training Sessions
- Medical Weight Loss Program
- Eat with Confidence Workshop

Yweight?

Obesity is a health hazard! It puts you at risk for heart disease, stroke, hypertension, cancer, gallbladder disease, osteoarthritis, diabetes, gout, breathing problems and premature death. Y Weight?...coming soon to a worksite near you!

What is the Best Weight Loss Product?

This is really a trick question. "Diet Pills" are often seen as the answer to quick and easy weight loss, but there is no weight loss product that is completely safe and effective without side effects. Many advertised diet pills do not have the research to back up their claims. Others that have been FDA approved are not meant for use over a long period of time. So before you consider diet pills, you may first want to consider the risks.

Drug Name	Rx or OTC	Risks	Possible Benefits
Alli (orlistat)	OTC	<ul style="list-style-type: none"> • Cannot be used long-term • Must eat a low fat diet to avoid side effects • Side effects include loose stool/diarrhea and loss of control of stools 	<ul style="list-style-type: none"> • OTC version of an Rx product
Bitter Orange	OTC	<ul style="list-style-type: none"> • Related to ephedra (a stimulant) • The FDA banned ephedra in 2004 • Can cause high blood pressure 	<ul style="list-style-type: none"> • May help burn calories
Hoodia	OTC	<ul style="list-style-type: none"> • No research to back up drug effectiveness • Safety of the drug is not known 	<ul style="list-style-type: none"> • May lower appetite

These "diet pills" are not the answer, YOU are. You have to be the driving force behind your weight loss. If you have further questions about weight loss products, please contact your Pharmacy Advocate, Chris Williams.

Does this make me “look obese”?

Did you wake up this morning and think, “Am I obese?” Chances are that this thought did not cross your mind. You may look and feel healthy and still be at risk for diseases linked to being overweight.

Obesity cannot be determined by a looking at someone; it is defined based on Body Mass Index (BMI). BMI is a number that uses height and weight to find a person’s body fat. People with a BMI of 30 or higher are obese, and those with a BMI of 25-29.9 are overweight.

Another test that can be used to assess weight-related health risks is measuring the waist. A high waist circumference, measured at your navel, is also found in obese people. Men with a waist circumference of 40 inches or more and women with a circumference of 35 inches or more are at risk of obesity-related conditions and diseases, such as high blood sugar, high cholesterol, or high blood pressure. These conditions may lead to heart disease and diabetes.

Becoming obese or overweight doesn’t happen overnight. While no one can become healthy all at once, steady improvements in diet and exercise can make all the difference in beating obesity. Getting and staying fit improves health and decreases chances of many diseases.

You may be obese (BMI of 30 or more) if your	
Height:	Weight:
5 ft	153 lbs.
5 ft 1 in	158 lbs.
5 ft 2 in	164 lbs.
5 ft 3 in	169 lbs.
5 ft 4 in	174 lbs.
5 ft 5 in	180 lbs.
5 ft 6 in	186 lbs.
5 ft 7 in	191 lbs.
5 ft 8 in	197 lbs.
5 ft 9 in	203 lbs.
5 ft 10 in	209 lbs.
5 ft 11 in	215 lbs.
6 ft	221 lbs.

SMART Goals for Weight Management

Have you ever had trouble achieving a goal? If you have, it’s possible that part of the problem was the goal itself, not how you tried to achieve it. When you set a goal, make it a SMART goal, so that you have enough guidance to know how to achieve it. SMART goals are:

Specific – Your goal should be as specific as possible so that you know exactly what you are trying to achieve and how you are going to achieve it. Instead of stating “I will lose weight,” a specific goal might be: “I will lose 10 pounds by cutting out at least one sugary snack or drink every day.”

Measurable – Be sure that you can measure your goal so you will know whether you are moving toward it or not. For weight loss, measure your progress using a scale and writing your weight on your calendar.

Attainable – If you feel overwhelmed by the thought of losing weight, break your larger weight-loss goal into smaller goals, or create a step-by-step plan to keep yourself on track. Most experts agree that losing 5%-10% of your current weight can be a great first step.

Relevant – In general, a goal to lose weight is very relevant for your health. A goal to lose 100 pounds so that you can go back to eating junk food as soon as you’ve lost the weight is not a relevant goal because it doesn’t lead to overall health improvement.

Time-based – When setting your goal, think about when you’d like to reach it, and also consider time points along the way. While stating a goal of “I will lose 10 pounds over the next five weeks” is good, stating “I will lose an average of two pounds every week for five weeks” is more likely to keep you on track.

Putting it all together

When you write your weight-loss goal, it might look like this:

- ✓ I am 5 feet 7 inches tall
- ✓ I weigh 200 pounds
- ✓ I want to lose a total of 50 pounds as my long-term goal
- ✓ I want to lose 20 pounds (10% body weight) over 24 weeks

My SMART Goal
I will lose 1-2 pounds per week for 24 weeks by cutting out at least one sugary snack every day and exercising 100 minutes a week. I will keep track of my progress by weighing myself once a week and noting my weight on my calendar.



Manatee County Government’s Center for Health & Lifestyle Management * www.ManateeYourChoice.com

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:
Prescription Solutions, Inc.
For: Manatee Health Network
Bradenton, Florida

Prepared by:
Pharmacy Healthcare Solutions, Inc.
P.O. Box 101632
Pittsburgh, PA 15237

Editor: Melissa Sherer Krause, Pharm.D.
Contributors: Christopher K. Williams, Pharm.D.,
A. George, S. Lee, and B. Stevens, Pharm.D Candidates
Designer: Linda Richardson