Weight Management Program

A Path to Healthier Living

One of the best things you can do for your health is to lose those extra pounds. This is a tough goal to reach on your own – but Blue Cross and Blue Shield of Oklahoma (BCBSOK) can help. Through Blue Care Connection®, BCBSOK offers a voluntary program to help you reach your wellness goals – at no additional charge.

Weight Management Program

The program helps you change your behavior and shed the extra pounds by providing guidance and support through personal telephone motivational coaching, self-directed online courses and weight management resources.

- **Personal Telephone Wellness Coaching** - A Wellness Coach will be assigned to help you meet your weight loss goals. Your coach will take a look at your lifestyle and habits, and help you figure out what’s most important to you and what you need to be successful.

- **Self-Directed Courses** - You can also choose to take online courses that let you work at your own pace to reach your health goals. Learn more about weight management, nutrition, fitness and stress. Track your progress as you make your way through each lesson.

Enroll Today!

*Call Customer Service at the phone number listed on the back of your member ID card.*
BCBSOK members also have access to:

**Blue365® Member Discount Program**
Offers exclusive health and wellness deals to BCBSOK members including discounts from top national and local retailers on fitness gear, gym memberships, family activities, healthy eating options and much more.

**Blue Access for Members℠ (BAM)**
Secure member portal from BCBSOK gives you immediate online access to health and wellness information. The My Health tab features information on such topics as:
- Nutrition
- Fitness
- Obesity

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