



**Attention Montgomery
County Government
Employees:**



**Did you know that
weight management
programs are offered by
your medical plan?**

CareFirst – Innergy Weight Loss Program

Eligibility: CareFirst members and dependents with a BMI over 30

Provides:

- Telephonic wellness coaching (two years)
- Focus on healthy lifestyle changes
- Online portal with tracking and educational resources

Sign up today! Complete your well-being assessment (if you've not already done so during this plan year). Log in to My Account at www.carefirst.com/myaccount. Under Quick Links, click on Health Assessment and Online Coaching.

Questions? Call 1-800-783-4582.

Kaiser Permanente – Wellness Coaching

Eligibility: Kaiser Permanente members and dependents

Provides:

- Telephonic wellness coaching
- Focus on healthy habits
- Customized lifestyle plans

Sign up today! Call 1-866-862-4295 for more information or to make an appointment

United Healthcare – Real Appeal Weight Loss Program

Eligibility: United Healthcare members and dependents with a BMI over 23

Provides:

- Telephonic wellness coaching (one year)
- Focus on personalized health changes

Sign up today! Visit getreal.realappeal.com

Questions? Call 1-844-344-7325

