

Health Insurance

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Tip of the Month

Last month, the BIAW Health insurance tip of the month featured the Online Programs offered to Regence BlueShield members through Regence Engine. Let's take a closer look at one of these programs – Healthier Diet Program

The Healthier Diet Program will show you how simple substitutions can improve your diet, and provide you with a strategy for healthier eating habits. This is important when you consider how the prevalence of fast food, high-fat snacks and huge portion sizes have made maintaining a healthy diet harder than ever.

Program features include: A personalized meal plan and food preparation tips; tips on healthy eating when dining out; strategies on making smart choices when grocery shopping; healthy cooking strategies and substitutions

Each week your homepage will provide you with an achievable goal and a To-Do list. Regular e-mails will remind you to stay on track.

To find out more about the online programs offered through Regence Engine, or to begin the Healthier Diet Program now, log on at www.wa.regence.com/member/ and select “Programs” under the “My Health” tab.