

Health Insurance

BIAW Did you know?

Tip of the Month

Last month, the BIAW Health Insurance Tip of the Month took a closer look at one of the online programs offered to Regence BlueShield members through Regence Engine – Healthier Diet Program. But with so many program choices, why stop there? This month we'll give you a sneak peak at the Weight Loss Program.

The Weight Loss Program aims to clarify all of the mixed messages that are out there concerning weight loss. We've all heard "*more protein, no carbs, less fat, more fat*". The Weight Loss Program offered through Regence Engine is a simple alternative to those mixed messages and can help you lose weight the right way and keep it off for the long-term.

Program features include: A personalized meal plan optimized for healthy weight loss; Tools and tips to help you track your weight; Advice on health food alternatives; Delicious, easy-to-make recipes; The basic facts on nutrition and weight loss.

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 Weight Loss Program now, log on at www.wa.regence.com/member/ and select "Programs" under the "My Health" tab.