

Do you struggle with the need to lose weight? Is it difficult for you to keep weight off after working so hard to lose it?

Western North Carolina Conference - UMC recognizes the struggle and how it affects your health and well-being. That is why they have added PPCN's Medical Weight Management Program to the HealthMapRx suite of care management programs in your health care benefit.

What is, **HealthMapRx**?

- A **free** health benefit available to Western North Carolina Conference employees and their dependents who are covered by the Conference's health insurance.
- Though the benefit program is employer sponsored, the Conference **WILL NOT** have access to any personal health information.

What's in it for **YOU**?

- **Education and on-going Support:** Participants engage in a series of virtual group educational activities and weekly electronic check-ins with their MWMP health coach; in addition to routine meetings (4-6 times per year) with their assigned **Pharmacist Care Manager**.
- **Weight Loss Medications:** normally excluded from health plan coverage, will be covered.

Do **YOU** qualify for the Medical Weight Management Program?

- If you have a BMI (body mass index) of 40 or more and do not have diabetes, you may qualify for the Medical Weight Management Program.



How do **YOU** enroll?

- Use the QR Code above or URL below to complete the **Screener** questionnaire
- <https://survey.alchemer.com/s3/7579223/MWMP-Eligibility-Screener>

For more Information: Contact HealthMapRx Program Support

- Phone: (336) 580-0340
- Email: admin@emailmm.com

