



THE CareHere!

WEIGH

There is only ONE WAY to lose weight and maintain the loss!! Research shows you must make changes to your eating habits and exercise for a lifetime. CareHere will show you the way!

Rutherford County is providing employees and spouses covered under the insurance plan with a new Group Weight Management Program! One of the best ways to lose weight is to combine nutritional education with the support of experts. You will be working with an exercise physiologist, a nurse and a dietician on creating a weight management program best suited for you.

The Group Weight Management program includes:

- Health Risk Assessment (HRA) and exercise clearance with provider (for those covered on insurance plan)
- Six classes led by the dietitian or exercise physiologist
- Food/exercise log reviewed by dietitian

You will be asked to have an HRA (if you have not had one in the last year) and get an exercise clearance form signed at the CareHere Clinic of your choice. Remember, maintaining a healthy weight is one of the most important proactive steps you can take to prevent future illness.

Take advantage of this program as your employer is supporting your efforts!

Informational meeting:

Training Lab @ EMA

1220 W. College St.

June 2, 2009 5:00-6:30PM

Come Learn About the CareHere Weight Management Program!

Questions? Register? Contact: CareHere Health Coach,
Tammie Leftwich by email at tleftwich@carehere.com or
call 615-866-6403