



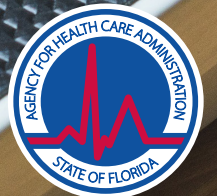
AGENCY FOR HEALTH CARE ADMINISTRATION
2727 MAHAN DRIVE, TALLAHASSEE, FL 32308
www.AHCA.MYFLORIDA.com

DEPARTMENT OF HEALTH
HEALTHIEST WEIGHT FLORIDA WEBSITE
www.HEALTHIESTWEIGHTFLORIDA.com

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AGENCY FOR HEALTH CARE ADMINISTRATION

WEIGHT MANAGEMENT FOR BETTER HEALTH



WEIGHT CONTROL AND YOUR HEALTH

Excess body fat, also called obesity, happens when you burn less calories than you eat. Obesity is a serious disease that impacts more than 1 out of 3 adults, and can harm every part of your body. Obesity may affect health problems such as:

- » Heart Disease and Stroke
- » High Blood Pressure
- » Diabetes
- » Cancer
- » Back and Joint Pain
- » Depression
- » Breathing Problems
- » Sleeping Problems

Call your Medicaid health plan for more information on the services they offer to help you reach a healthy weight. If you need help finding contact information for your plan, call our Medicaid Helpline at:

1-877-254-1055

or visit

www.ahca.myflorida.com/Medicaid

For additional information, please visit the Department of Health's Healthiest Weight Florida website:

www.healthiestweightflorida.com

DO YOU WANT HELP MANAGING YOUR WEIGHT?

If so, your Medicaid health plan offers rewards for finishing a **free program** to help you reach a healthy weight. Here is what may be available from your plan.

- » **Counseling/Coaching – provides face to face or phone counseling sessions with a trained counselor or registered dietitian**
 - Helps You Handle Stress
 - Supports Your Lifestyle Change
- » **Creating a Daily Meal Plan – provides information to show you how to plan healthy meals including:**
 - Knowing the Right Serving Size
 - Increasing Your Fruits & Vegetables
 - Learning to Prepare Meals Ahead
 - Learning How to Cook Healthy Meals
 - Understanding Food Labels
 - Making Healthy Choices When Eating Out
 - Choosing Healthy Snacks
- » **Increasing Activity – provides information to help you get moving**
 - Exercise Tips for Beginners
 - How to Make Time for Exercise

VISIT YOUR PRIMARY CARE DOCTOR!

GOOD HEALTH STARTS WITH VISITING YOUR DOCTOR. It is important for you to develop a relationship with your primary care doctor. This will allow your doctor to get to know you and talk with you about your health. He or she will help you understand your medical needs. This includes ways to reach and keep a healthy weight. Going to your primary care doctor may keep you out of the emergency room.



Advantages of Going to Your Primary Care Doctor Instead of the Emergency Room for Weight Related Health Issues

- » You will get care from a doctor who knows your health history
- » You will spend less time waiting to be seen