



## Choose a healthier you through our no-cost Healthy Behaviors program!

UnitedHealthcare offers its members three programs to jump start their goals in achieving healthier lifestyles. These programs offer health coaching, health education, medication support, behavioral health services and community resources to help our members be successful. Furthermore, members receive rewards for achieving milestones they have set for themselves and upon program completion.

Gain confidence with our Weight Loss program! There are **153** members who joined our program. Through comprehensive health teachings and supportive guidance from our health coaches, **24%** successfully completed their weight loss journey.

We have members who quit smoking, chewing tobacco or vaping. Our health coaches assess your overall health and customize a plan of care to help you quit. Our members are taught techniques and are provided education on how to manage cravings and overcome barriers. Because of these interventions, there are **133** members who participated in our Smoking Cessation program, and **24%** have been successful in their journey.

- **72 members decreased their weight**
- **37 members met their weight loss goal**
- **96 members increased their physical activity and made nutritional changes**

**Weight Loss Program**



- **30 members used nicotine replacement therapy**
- **68 members quit or decreased their smoking habit**

**Smoking Cessation Program**



- **31 members were connected to a medically approved therapy or support program**
- **21 members quit using alcohol or substance**

**Substance Use Cessation Program**



\*Results compiled from October 2019- current date

Improve your wellbeing and relationships with our Substance Use Cessation program. There are **67** members who joined our program. Our health coaches offer listening ears, constant follow up and encouragement. With our health coaches and behavioral health advocates working together to provide support, **31 %** of enrollees in this program successfully achieved their quit goal.

Lets us help you get started on a healthier lifestyle! Call our Healthy Behaviors line anytime at **800-825-8792** or Member Services at 888-716-8787, TTY 711, 8am, - 7pm., Monday- Friday. **Visit us online:** <https://www.uhccommunityplan.com/fl/medicaid/community-plan-mplus-mma>