

A photograph of a single green apple sitting on a scale. The scale's dial is visible in the background, showing numbers like 10, 20, and 30. The apple is in sharp focus, and its reflection is visible on the scale's surface. The top of the image has a green gradient.

# *Weight Management*

*A* program for PAI  
members who want to  
lose weight

**PAI**

**Planned Administrators  
Incorporated**

[www.paisc.com](http://www.paisc.com)

# *Weight Management*

Would you like to lose a few pounds? Want to feel better about yourself — and just feel better in general? Everyone can use a little help sometimes. If you're overweight, we have the help you need!

Weight Management is a confidential program designed to help you lose weight. Call today to participate in the program. We'll send you a weight management guide and tool kit. You'll get a book outlining a 12-week eating plan and a grocery guide.

Approximately one week later, a registered nurse will call you to administer the program survey. We'll help you set your goals — and we'll call later to see how you're doing with the program.

## **Here's what we can help you do:**

- Understand your weight.
- Assess your weight and set goals.
- Manage your weight.
- Learn how to design your weight management program.

Any information provided through this program is for educational purposes only and does not replace the care you receive from your doctor. You should always check with your doctor before following any medical advice.

*Call today*

**1-800-327-3238**