



The Weight Talk® Program will help you achieve your goals.

Whether you're looking to lose 10 or 50 pounds, our Coaches can help you find success by working with you on a weight loss plan that targets your goals and keeps you on track. Get started by enrolling in Weight Talk today!

Program features:

- Ongoing, personal support from a coach
- Unlimited telephone access to your coach*
- Coaching sessions built around your schedule
- No extra cost — the program is already part of your benefits

Enroll today!



1 (844) 767-2636
www.iuhealthyliving.com

* Wellness Coaches are available: 5:00 a.m. to 9:00 p.m. Monday–Sunday, Pacific time. (TTY: **711**)



INDIANA UNIVERSITY



The information provided through this program is for informational purposes only and is not a substitute for your doctor's care. Optum does not promise or guarantee that participation in the program will help you lose weight and individual results from participation in the program may vary. Please discuss with your doctor how the information provided through this program is right for you.

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