

# YOUR HEALTH & WELL BEING



CIGNA HealthCare  
A Business of Caring.

## Think Your Weight is Healthy? Do the Math

It's easy to be confused by conflicting reports and trendy theories about weight. Before you take those reports and theories to heart, find out whether your weight is healthy by calculating your body mass index (BMI), a measurement that takes both your weight and height into consideration.

### GRAB YOUR CALCULATOR

To get your BMI, follow these steps:

- Multiply your weight x 703.
- Divide the result by your height in inches.
- Divide this number by your height in inches again.

You are at a healthy weight if the final number is between 18.5 and 24.9. If the final number is 25 or higher, you should consider losing weight.

But remember that muscle weighs more than fat. Some people who are fit and very muscular have a high BMI.



Maintaining a healthy weight is important for good health. But remember that accepting your shape is also an important part of your well-being.

Talk with your doctor before you begin a weight loss or exercise program.

### *Did You Know?*

Did you know that the CIGNA Healthy Rewards® program offers several programs from Weight Watchers®? You can participate in traditional group meetings, or do Weight Watchers Online or Weight Watchers At Home – all at discounted fees. Log-on to [www.myCIGNA.com](http://www.myCIGNA.com) for more information.



### BODY SHAPE MATTERS

Medical studies suggest that where you carry extra pounds may affect your health. For example, if you are shaped like an apple (round around the middle), you may be at higher risk for chronic health problems, such as heart disease, than if you are pear-shaped (have extra padding on your hips and thighs).

# The Rewards of Watching Your Weight

CIGNA members now have access to lower prices on Weight Watchers® programs through Healthy Rewards®, a CIGNA program that offers members discounts on a variety of complementary health products and services.

Weight Watchers can help you achieve or maintain your weight management goals. Its comprehensive approach to weight management uses an education program directed at lifestyle change in an atmosphere of group support.

## Did You Know?

To eat in a healthy way, you don't have to give up eating fast foods completely. You can eat right if you select carefully.

- Order a small hamburger instead of a larger one. Hold the extra sauce.
- Order grilled, broiled or baked fish and chicken.
- Order a salad. Use low-fat dressing or vinegar and oil.
- For sandwich toppings, try lettuce and tomato, onion, mustard and ketchup instead of toppings that are high in saturated fat, such as cheese, bacon, special sauces, mayonnaise or butter.
- Order pizza with vegetable toppings, such as peppers or mushrooms, instead of meat or extra cheese.

The Weight Watchers program is built on sound scientific principles in the area of nutrition, behavior and exercise, and is designed to achieve the recommendations of major health organizations throughout North America.

*There are three Weight Watchers options for you to choose from:*

### Traditional Group Meetings

Regular attendance at weekly meetings provides group support – an effective solution because research shows that people who lose weight with group support have greater success than those who go it alone. All Weight Watchers leaders are role models because they have learned how to lose weight on the Weight Watchers program. A registration fee and a weekly fee are paid at the first meeting attended. CIGNA members receive free registration.

### Online

Weight Watchers Online is an Internet subscription product designed for those who cannot attend meetings. It offers 24-hour access to weight-loss tools, information and resources such as an online journal, meal plans, more than 800 recipes, a weight tracker, progress charts and much more.

### At Home

Weight Watchers At Home is a convenient weight-loss system that



delivers all of the materials found in Weight Watchers meetings to your home. The 12-week program features 26 weeks of ongoing telephone support, a “POINTS” calculator, the popular “Complete Food” and “Dining Out” companions, a variety pack of snack bars, a copy of Weight Watchers Magazine, a 30-day money-back guarantee and a durable nylon organizer.

For more information on Weight Watchers, visit [www.myCIGNA.com](http://www.myCIGNA.com).

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*Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.*

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