

Healthier You

Learn what you can do for your weight, high blood pressure, high cholesterol and prediabetes.



Join our Healthier You program. This 6-month program includes virtual monthly group classes. It also includes one-on-one care by a team of medical professionals.



Virtual classes

Each monthly class meets online for 1 hour. These are no-cost classes. They are led by a registered dietitian or health educator. Topics include:

- Meal planning
- How to read food labels
- Healthy eating at restaurants
- Healthy recipe makeovers
- Exercise for healthy body and mind
- Behavior change
- Mindful eating



One-on-one care

You'll enjoy the advantages of seeing a team of health care professionals. This team is an extension of your primary care provider (PCP). You may work with a:

- **Registered dietitian** - A dietitian is an expert in healthy eating. Dietitians can help you plan meals and choose healthy eating habits.
- **Pharmacist** - Medicines can be hard to understand. A clinical pharmacist will go over all your medicines and make care plans just for you. If needed, they'll work with your PCP to make changes. This way you can get the best results.



Sign up for the Healthier You program

1-800-335-3362, TTY 711

[healthenhancement@optum.com*](mailto:healthenhancement@optum.com)

Learn more

Optum Patient Resource Center

resources.optum.com

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-403-4160, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-403-4160, TTY 711。

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