



April 2011 is:

**Developing Healthy Habits Month**  
**At the State Wellness Center and State Employees' Insurance Board (SEIB) Pharmacy**

Employees and dependents insured by the SEIB (BCBS Group #s 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at SEIB's Pharmacy, located in the State Wellness Center at 101 South Union Street, Montgomery, Alabama.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

**334.263.8460**

**rx@alseib.org**

**[www.alseib.org](http://www.alseib.org)**



**This month at the State Wellness Center:**

**Developing Healthy Habits: The jump start you need towards a healthier life!**

The State Wellness Center is pleased to offer you, free of charge, our **NEW** Healthy Habits program! The Healthy Habits program will empower you to successfully take charge of your weight, and ultimately your health. Our pharmacists are ready to meet with you to develop a personal weight loss plan. Call today and take the first step to a healthy lifestyle change and lasting weight loss.

Call [334.263.8470](tel:334.263.8470) to schedule your **FREE** consultation today!

**Pharmacy Hours:**

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm  
334.263.8460

**Wellness Center Hours:**

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm  
334.263.8470

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions!

\*Requests must be received by **3 pm**



**Do you know the key to achieving & maintaining a healthy weight?**

*It isn't about short-term dietary changes! It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.*

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to:  
1 box/1 bottle/30-day supply.

## What to Expect at your Initial Healthy Habits Appointment

Your first appointment will be focused on developing **YOUR** new weight loss plan and will include:

- Gathering a complete weight history by discussing your weight patterns and barriers to past weight loss success
- Evaluating possible chronic diseases that could be worsened or caused by being overweight
- Evaluating various medical conditions that could contribute to weight gain
- Determining if any of your current medications could be contributing to your weight gain
- Measuring and recording your height, weight, body composition, body mass index, waist and hip measurements, and blood pressure
- Developing a realistic weight loss goal that is designed to fit **YOU**
- Setting daily calorie goals and discussing nutritional options for your new weight loss plan
- Providing you an informational packet that will guide you on your weight loss journey, containing: nutritional information, meal plan ideas, goals that we have set together, and a personal food diary where you can track your daily calorie intake

## Healthy Habits Follow-Up

Our program offers on-going counseling and one-on-one guidance from our pharmacist. Once every other week, we will recheck weight, body composition values, body mass index, waist measurements and blood pressure to track your progress. We will also review your food diary and discuss both challenges and successes that you have experienced since your last visit.

## Why is Focusing on Weight Loss so Important?

Research has shown that as weight increases to reach the levels referred to as “overweight” or “obese”, the risk for medical conditions such as heart disease, type 2 diabetes, stroke and osteoarthritis increases. Weight loss, even modest amounts, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars. There is more good news; weight loss can also improve your mood and overall self-esteem. With the arrival of spring, it is the perfect time to renew your commitment to a healthier lifestyle!

We realize that losing weight is not easy but if you're ready to get started, our pharmacists are here to help you make your weight loss goals a reality! So, what are you waiting for? Contact the State Wellness Center today to schedule a FREE consultation.

References:

Overweight and obesity prevention. Minnesota Department of Health. 2010 [cited 2011 Mar 22]. Available from: <http://www.health.state.mn.us/cdr/obesity/healthyweights.html>

Medicine.Net: Why is weight loss important? MedicineNet, Inc; c1996-2011. Updated 2011 [cited 2010 Mar 22]. Available from: [http://www.medicinenet.com/weight\\_loss/page5.htm](http://www.medicinenet.com/weight_loss/page5.htm)