



## Start a New Year with a Healthier You At the State Employees' Insurance Board (SEIB) Wellness Center and Pharmacy

### Consequences of being overweight and/or obese:

- Coronary heart diseases
- Type 2 Diabetes
- Certain types of cancers
- High blood pressure
- High total levels of cholesterol or triglycerides
- Certain liver and gallbladder diseases
- Osteoarthritis
- Sleep apnea or breathing problems
- Reproductive health problems



- **Do you know the key to achieving and maintaining a healthy weight?**
  - It isn't about short-term dietary changes! It is 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.

*Are you ready to set your new year's resolution? Are you ready to make life-style changes?*

*If so, please call the SEIB wellness center and ask about a possible new addition to our healthy habits program that will be initiated in January 2012. Services will be provided for **Free** by the pharmacists.*

### 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

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

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

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

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.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

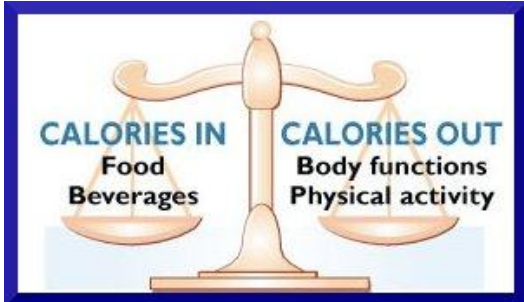
**334-263-8460**

[rx@alseib.org](mailto:rx@alseib.org)

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

## What Are Some of The Causes of Being Overweight or Obese?

- Eating too many calories and not burning enough calories through physical activity causes an energy imbalance which can lead to weight gain.
- Weight is also linked to genes that you get from your parents, and bad behaviors that you have acquired over the years.



## Who Will Benefit From Weight Loss?

- Patients with a body mass index (BMI) that is greater than 25 that are in the overweight or obese category.
  - The body mass index is calculated by using your height and weight
  - BMI > 25 is considered overweight
  - BMI > 30 is considered obese
  - If you have already completed your wellness screening, then you should have received your BMI measurement.

## Why is Focusing on Weight Loss So Important?

- Weight loss even in small amounts is likely to produce health benefits such as improvements in blood pressure, blood cholesterol, and blood sugars.
- Weight loss can even improve your mood and overall self-esteem.
- With setting your new year's resolutions, it is the perfect time to renew your commitment to a healthier lifestyle.

## What to Expect at Your Initial Appointment?

- Measuring and recording your initial height, weight, body composition, waist to height ratio, blood pressure, and pulse.
- Providing you with a website address that will guide you on your weight loss journey, containing: nutritional information, meal plan ideas, weight loss goals, and a food/exercise diary where you can track your daily calories.

### References:

Center for Disease Control and Prevention. Causes and Consequences. Available at: <http://www.cdc.gov/obesity/causes/index.html>. Accessed November, 8 2011.