

January

# NATIONAL HEALTHY WEIGHT MONTH



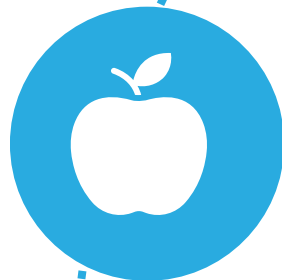
## Talk to Your Doctor

Speak to your doctor about how your weight is impacting your health, and what healthy habits can best influence your health.



## Maintain Healthy Eating Habits

Improve your current health habits by setting realistic goals that you can maintain through a lifetime.



## Maintain an Active Lifestyle

Focus on finding a way you enjoy moving your body. Ask a friend to join you for accountability.



Living  Well

## Find Support

You may benefit from the **CVS Weight Management** program. This program provides the customized nutrition planning and coaching support you need for lasting results.



**You can call 800-706-9317 and speak with a clinician to learn more.**

*This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for healthcare from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.*