

# LOSE WEIGHT

AND PUT THE

# SIZZLE

BACK IN YOUR  
SUMMER!

This summer, get your sizzle back with a personalized program to help you get healthier and lose weight. It's available to you at NO COST as part of your health plan.



- You can enjoy real, everyday food.
- Your personal coach will help customize the program to fit your needs and your unique body type.
- You get tools, information and support for all stages of weight loss.
- Participate from the comfort and privacy of your home or take a class during a break at work – all you need is an internet connection.

**To learn more, find out if you qualify, or sign up, visit:**  
[https://loseuwin.com/  
referrer=CityofColumbus\\_SummerEmail](https://loseuwin.com/referrer=CityofColumbus_SummerEmail)

Offered to plan members of

