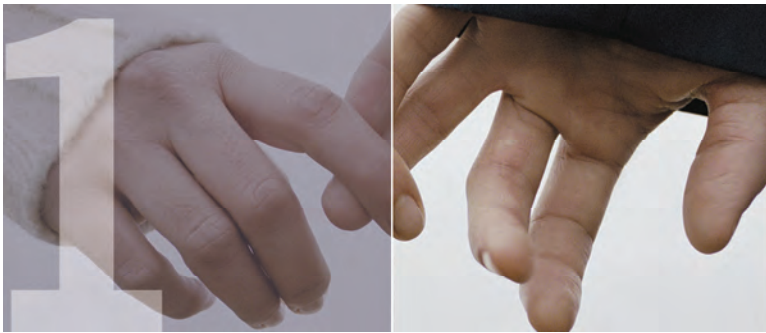


Not Just Another Weight Loss Program

Five Great Ways Healthyroads for Living Can Change Your Life



It's unique.

Healthyroads for Living is unique because it is entirely telephone and Web-based. Dietitians, personal trainers, nurses, and other certified health educators are readily available to help you eat better, manage stress, cope with pain, and more.

It's convenient.

You can use this program virtually around the clock and in the comfort of your own home—no driving to clinics or running to meetings. And, if you need help between phone sessions, you can get answers and support at our online message center.



It's complete.

There are many tools at your fingertips—and at no cost to you:

- A health risk assessment
- Telephone sessions that teach you the basics of how to lose weight
- Coaching sessions for support
- Customized meal and exercise plans
- Diet and restaurant menu analyses
- An award-winning weight management guidebook
- Learning programs for MindBody Techniques with audio CDs and companion guidebooks
- Web-based tools and trackers
- Discounts on health products including meal replacement items and exercise equipment*

It's personalized.

We know that a one-size-fits-all approach simply isn't adequate. That's why you'll benefit from one-on-one coaching, not group classes. You'll learn how to shop, prepare, and eat healthy foods. We'll even customize a meal and exercise plan that is unique to your special needs and goals.



It's practical.

Losing weight is not just about counting calories or points. It's about changing your lifestyle. You'll learn how to combine good nutrition, physical activity, and mind-body techniques in your daily routine to achieve your goals.

* Note: Products and services sold by Healthyroads are not covered by your Health Plan of Michigan Program.

This weight loss program is available through Healthyroads, Inc., a subsidiary of American Specialty Health, Incorporated. The Healthyroads for Living weight management program may not be appropriate for certain individuals including those persons with severe cognitive impairment or AIDS; persons who are pregnant or lactating, or under 18; or persons who have had a cardiac event in the last three months or are undergoing active cancer treatment or kidney dialysis.

