

PERAFit

A New Way for PERA Retirees to Get Fit

What is PERAFit?

- A free wellness program available to retirees and dependents enrolled in PERA's health plans with Anthem Blue Cross and Blue Shield.
- A proven program that can help you become more fit with your own personal telephone coach to help you exercise more, eat the right foods, and manage your weight.
- A program specifically developed to help people with diabetes and heart diseases.

Take control of managing your weight and achieve a healthier lifestyle—sign up for PERAFit!

PERA has partnered with National Jewish Health to offer PERAFit, a state-of-the-art approach to lose weight and keep it off. PERAFit combines a medical approach with weight and activity monitoring systems, and personalized one-on-one coaching. The PERAFit program may help you accomplish these goals:

- Make healthy lifestyle changes
- Increase your physical activity
- Reduce your weight
- Start a lifelong behavioral change for maintaining your weight

Who may participate?

Any PERACare participant enrolled in Anthem Blue Cross and Blue Shield health plans is eligible to participate. Retirees, benefit recipients, and spouses are all eligible.

How do I sign up?

Call 1-877-550-PERA (7372) and a weight management coach will determine if PERAFit is right for you.

How long is PERAFit?

PERAFit is a 52-week program with 36 specific lesson modules that you conduct at your own pace. If you complete the first 52 weeks, you have the option of continuing with "Year 2" of PERAFit.



How does PERAFit work?

Once a weight management coach determines you are ready to participate in PERAFit and that you have a computer with Internet access, you will be sent an activity meter and an electronic scale. You will then have access to an interactive Web program that allows you to personalize your activity and calorie counting consumption. You will also have 15 planned coaching calls for participant support. If you do not have Internet access you will be able to participate in the telephone program, but will not receive a scale or activity monitor.

Is there a cost to participate?

There is no cost to you to participate in the program.

Do I have to buy any special vitamins, equipment, or meals?

No, you won't have any of these kinds of expenses. You will be eating regular foods available at your grocery store. The only equipment you'll need is a pair of athletic shoes (sneakers) for walking and exercise and your computer with Internet access. If you don't have a computer, you can still participate in the program. Rather than tracking your progress and reading lessons online, you will be keeping manual records and receiving lessons in the mail.

How successful is this program?

Even though this is a relatively new program for PERA, National Jewish Health has offered telephonic-based disease management programs for the last 20 years. National Jewish Health has provided behavioral change coaching—from smoking cessation to weight management. They have coached hundreds of thousands of people to quit smoking, with one of the highest "quit" rates in the country. For the last three years, they have operated a weight management program with impressive results, using the most up-to-date data and technology available on obesity, nutrition, and physical activity.

Is there a trial period or do I have to commit to the entire 52 weeks?

As anyone who has set New Year's resolutions to lose weight or exercise more knows, a key to succeeding is being serious about making a change, and sticking with it. If you're not ready to make a change, you'll be wasting your time if you start it as a "trial." So during your initial telephone conversation with your coach, your coach will ask you some screening questions to help determine if you are ready to change your eating and exercise habits. Once participants get started in the program, they begin to see successes weekly and they want to stick with it. After 52 weeks, new habits have been set and you will have graduated from the program—you'll be a PERAFit success story!

Call 1-877-550-PERA (7372) today to find out how you can take advantage of PERAFit!

