



# Your weight-loss guide

What's your healthy weight?

Weight-loss myths busted

Reach your weight goals



Healthy snack ideas



# Why your weight is important

There is no such thing as one-size-fits-all when it comes to a healthy weight. Weight varies from person to person, and there is no perfect number you need to look for on the scale. The best way to figure out if you're within a healthy weight range is by talking with your provider. This is important because extra body fat can increase your risk for certain illnesses, including:



## ✓ High blood pressure, heart disease and stroke

Extra fat causes changes to your heart and blood that can lead to inflammation and irregular heartbeats.\*

## ✓ Type 2 diabetes

Inflammation may lead to insulin resistance, and the body won't be able to regulate blood sugar.\*

## ✓ Sleep apnea and breathing problems

When there is too much fat near the respiratory system the airway is narrowed, making it harder to breathe day and night.\*

## ✓ Mental illness

Excess body fat may take a toll on self-esteem, leading to anxiety and depression.\*

## ✓ Chronic pain

Body fat may cause stress on certain parts of the body such as the lower back and legs.\*

\* FOR HEART DISEASE STATISTICS SOURCE: Cleveland Clinic. [Obesity and heart disease](#). January 13, 2023. Accessed August 6, 2024.

\* FOR DIABETES STATISTICS SOURCE: Centers for Disease Control and Prevention. [Obesity and Cancer](#). Last reviewed August 9, 2023. Accessed August 6, 2024.

\* FOR BREATHING PROBLEMS STATISTICS SOURCE: Wittert GA, Meyer EJ. [Approach the Patient With Obstructive Sleep Apnea and Obesity](#). The Journal of Clinical Endocrinology & Metabolism. September 27, 2023. Accessed August 5, 2024.

\* FOR MENTAL HEALTH STATISTICS SOURCE: Vafiadis D. [How excess weight impacts our mental and emotional health](#). National Council on Aging. February 27, 2024. Accessed August 6, 2024.

\* FOR CHRONIC PAIN STATISTICS SOURCE: Malfliet A, Quiroz Marnef A, Nijs J, et al. [Obesity hurts: the why and how of integrating weight reduction with chronic pain management](#). Physical Therapy and Rehabilitation Journal. November 2021. Accessed August 6, 2024.

# 5 ways to reach a healthy weight



The best way to get to your healthiest weight is to make a few small changes to your everyday routine. You can start with basics, such as swapping out processed foods for more nutrient-rich options. Every little change is a great step in reaching your ideal healthy weight. Here are five tips to get you started.

## 1 Sneak in fruits and veggies

You know the importance of eating fruits and vegetables. But it can be difficult to eat plates of healthy foods every day. The good news is, small steps make a big difference — even an extra tomato slice or piece of lettuce on your sandwich counts.

“Avoid having a diet with only prepackaged or processed foods because they offer no nutrients,” says Renee Clerkin. She is a registered dietitian in the Midwest.

## 2 Stick to a schedule

Each system in the body works on a natural rhythm. The more you eat, the less hungry you’ll be as you wait for your next meal.

And eating your meals at the same time each day matches up with that rhythm. Systems like your metabolism, gut and blood sugar will regulate with consistent meals, and they all have a big impact on your weight. Don’t worry about the best mealtimes, do whatever works for your lifestyle. Setting an alarm for lunch or scheduling a snack break might make it easier to remember when to eat.

## 3 Choose high-fiber foods

Fiber fills you up. The more you eat, the less hungry you’ll be as you wait for your next meal. Fiber also increases your metabolism. This means your body will turn food into energy faster.\*

“Women need about 25 grams of fiber per day, and men need about 35 grams,” says Clerkin. Get fiber from plant-based foods such as fruits, vegetables, whole grains, nuts and seeds.

## 4 Trick your mind

Are you in the habit of eating everything on your plate — even if you’re full? Try to break the habit and not overeat at every meal. That can cause unwanted weight gain.

Think you tend to eat with your eyes? Use a smaller-sized plate. You’ll naturally put less food on it.

## 5 Drink water

It’s no secret that water is an important part of good health. But what if you don’t like the taste? “If you’re not a water drinker, starting with just one cup per day is an improvement,” says Clerkin.

You can even try to retrain your taste buds by adding fruits or vegetables to your water. Some great options are cucumbers, lemons, oranges or strawberries.

\* FOR FIBER FUNCTIONS SOURCE: Mayo Clinic. [Metabolism and weight loss: How you burn calories](#). October 28, 2022. Accessed August 6, 2024.

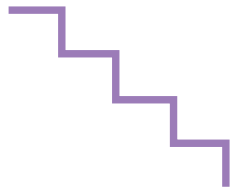


# Walk off weight

Walking can help you reach (and keep) a healthy weight. Plus, it wards off health conditions such as heart disease, high blood pressure and diabetes. Aim for 3,000 to 4,000 steps per day. You can always challenge yourself to increase your steps once you get used to walking. Get creative with your steps by:



Pacing during commercial breaks



Taking the stairs



Marching in place while reading



Having a dance party while cleaning



Getting off the bus or train at an earlier stop



Doing a lap around the grocery store before you start shopping

If you're eligible for both Medicare and Medicaid, you may qualify for an Aetna® Dual-Eligible Special Needs Plan, or D-SNP.











- Aetna D-SNP members have access to a dedicated care team that can help them coordinate their care, find in-network providers and book appointments.

- Aetna D-SNP members also get an Extra Benefits Card with monthly allowances to use for certain everyday expenses like select over-the-counter (OTC) items.

To learn more about Aetna D-SNPs, visit [AetnaMedicare.com/DSNPInfo](https://www.aetna.com/medicare/dsnpinfo).

# Snack healthy

Snacking can make it hard to reach your weight goals. But if you switch to healthier (but still yummy) snack options, you can stay satisfied between meals. Here are few simple swaps:

COMMON SNACK	SWAP FOR...	WHY IT HELPS
 <p><b>Potato chips</b></p>	 <p><b>Nuts or seeds</b></p>	Both nuts and seeds are great sources of fiber and protein, which can help beat hunger throughout the day.* Plus, they can satisfy your craving for something salty.
 <p><b>Juice</b></p>	 <p><b>Smoothie</b></p>	Many store-bought juices have high amounts of sugar. Stock up on frozen fruits and vegetables to make a smoothie, which is more filling because of the high fiber.
 <p><b>Cheese and crackers</b></p>	 <p><b>Your favorite veggie and hummus</b></p>	Make fresh vegetables more enjoyable by eating them with your favorite dips like Greek yogurt or hummus. Try to cut veggies, such as carrots, celery or cucumbers ahead of time. Or buy pre-cut veggies in the grocery store. Store them at eye level in your fridge. This will make them more accessible during snack time, adds Renee Clerkin, RD.
 <p><b>Milk chocolate</b></p>	 <p><b>Dark chocolate</b></p>	Have a sweet tooth? Eat chocolate in moderation. Dark chocolate has antioxidants that can help keep your heart healthy.* And research shows it might even help with weight loss.*
 <p><b>Bagel with cream cheese</b></p>	 <p><b>Whole wheat toast with peanut butter</b></p>	Refined-grain bread, such as bagels, lacks the nutrients your body needs. Whole-wheat bread is packed with fiber and helps with heart health.* And the peanut butter has protein to give you energy.

\* FOR NUTS AND SEEDS SOURCE: Cleveland Clinic. [9 foods to help you lose weight](#). Accessed August 6, 2024.

\* FOR DARK CHOCOLATE BENEFITS SOURCE: American Heart Association. [Are there health benefits from chocolate?](#) February 12, 2019. Accessed August 6, 2024.

\* FOR DARK CHOCOLATE AND WEIGH LOSS SOURCE: Kord-Varkaneh H, Ghaedi E, Nazary-Vanani A, et al. [Does cocoa/dark chocolate supplementation have favorable effect on body weight, body mass index and waist circumference? A systematic review, meta-analysis and dose-response of randomized clinical trials](#). Critical Reviews in Food Science and Nutrition. April 12, 2019. Accessed August 6, 2024.

\* FOR WHOLE-WHEAT BREAD BENEFITS SOURCE: American Heart Association. [Are some breads getting a bad rap?](#) January 17, 2029. Accessed August 6, 2024.

# Weight-loss myths busted

Misconceptions about weight are common. There are diets and exercise routines everywhere promising to shed pounds. The truth is that there is no right or wrong way to lose weight. But there are a lot of myths about weight loss that might prevent you from even trying. Here are five debunked weight-loss myths.



## MYTH

### Intense workouts lead to weight loss

**Truth:** The American Heart Association recommends adults get 150 minutes of exercise per week.\*

There are no guidelines on how to get your exercise. Try dancing, swimming, tennis or walking — any activity that brings you joy.

## MYTH

### You must give up your favorite foods

**Truth:** You don't have to cut out entire food groups or all your favorites. Instead, focus on portion control. Eating less of the foods you love can be just as successful at getting you to your ideal weight. Your primary care provider (PCP) can help make a healthy weight plan designed for you.

## MYTH

### Count your calories

**Truth:** “Calories are a very small piece of the puzzle,” says Clerkin. The way your body absorbs or burns those calories differs from person to person. It's better to focus on eating a variety of foods that support your body and boosts your metabolism.

## MYTH

### You're alone in the process

**Truth:** Reaching any goal is easier when you have support, including your healthy weight goals. Your care team is here to help. Contact them if you have questions or need guidance.



Having an Aetna “Dual-Eligible Special Needs Plan, or

D-SNP, makes it easy to stay on top of your weight goals.

- Members have a dedicated care team who can help them find an in-network provider and schedule appointments and may be able to help with transportation

To learn more about Aetna D-SNPs, visit [AetnaMedicare.com/DSNPInfo](https://www.aetna.com/DSNPInfo)

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. Eligibility for the Model Benefit or Reward and Incentive (RI) Programs under the Value-Based Insurance Design (VBID) Model is not assured and will be determined by Aetna after enrollment, based on relevant criteria (e.g., clinical diagnoses, eligibility criteria, participation in a disease state management program). If your plan's Extra Benefits Card includes roll over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year.

## NONDISCRIMINATION NOTICE

Discrimination is against the law. Aetna Medicare Preferred Plan (HMO D-SNP) follows State and Federal civil rights laws. Aetna Medicare Preferred Plan (HMO D-SNP) does not unlawfully discriminate, exclude people, or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation.

Aetna Medicare Preferred Plan (HMO D-SNP) provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
  - ✓ Qualified sign language interpreters
  - ✓ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
  - ✓ Qualified interpreters
  - ✓ Information written in other languages

If you need these services, contact Aetna Medicare Preferred Plan (HMO D-SNP) between 8 AM-8 PM, 7 days a week by calling **1-860-409-1221**. If you cannot hear or speak well, please call **711**. Upon request, this document can be made available to you in braille, large print, audiocassette or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Aetna Medicare Preferred Plan (HMO D-SNP)  
Aetna Medicare PO Box 7405 London, KY 40742  
1-860-409-1221  
TTY/TDD 711  
California Relay 711

### HOW TO FILE A GRIEVANCE

If you believe that Aetna Medicare Preferred Plan (HMO D-SNP) has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation, you can file a grievance with *Aetna Medicare Grievances*. You can file a grievance by phone, in writing, in person, or electronically:

- **By phone:** Contact Aetna Medicare Grievances between 8 AM and 8 PM, 7 days a week, by calling **1-866-409-1221**. Or, if you cannot hear or speak well, please call [TTY/TDD 711].
- **In writing:** Fill out a complaint form or write a letter and send it to:  
Aetna Medicare Grievances  
PO Box 14834 Lexington, KY 40512
- **In person:** Visit your doctor's office or Aetna Medicare Preferred Plan (HMO D-SNP) and say you want to file a grievance.
- **Electronically:** Visit Aetna Medicare Preferred Plan (HMO D-SNP) website at [AetnaMedicare.com](http://AetnaMedicare.com)

### OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing, or electronically:

- **By phone:** Call **916-440-7370**. If you cannot speak or hear well, please call **711** (Telecommunications Relay Service).
- **In writing:** Fill out a complaint form or send a letter to:  
**Deputy Director, Office of Civil Rights**  
**Department of Health Care Services**  
**Office of Civil Rights**  
**P.O. Box 997413, MS 0009**  
**Sacramento, CA 95899-7413**

Complaint forms are available at [http://www.dhcs.ca.gov/Pages/Language\\_Access.aspx](http://www.dhcs.ca.gov/Pages/Language_Access.aspx).

- **Electronically:** Send an email to [CivilRights@dhcs.ca.gov](mailto:CivilRights@dhcs.ca.gov).

### OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing or electronically:

- **By phone:** Call **1-800-368-1019**.  
If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- **In writing:** Fill out a complaint form or send a letter to:  
**U.S. Department of Health and Human Services**  
**200 Independence Avenue, SW**  
**Room 509F, HHH Building**  
**Washington, D.C. 20201**

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

- **Electronically:** Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.



If you speak a language other than English, free language assistance services are available. Visit our website or call the phone number listed in this document. (English)

Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento. (Spanish)

如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。(Traditional Chinese)

Nếu quý vị nói một ngôn ngữ khác với Tiếng Anh, chúng tôi có dịch vụ hỗ trợ ngôn ngữ miễn phí. Xin vào trang mạng của chúng tôi hoặc gọi số điện thoại ghi trong tài liệu này. (Vietnamese)

Kung hindi Ingles ang wikang inyong sinasalita, may maaari kayong kuning mga libreng serbisyo ng tulong sa wika. Bisitahin ang aming website o tawagan ang numero ng telepono na nakalista sa dokumentong ito. (Tagalog)

영어가 아닌 언어를 쓰시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 저희 웹사이트를 방문하시거나 본 문서에 기재된 전화번호로 연락해 주십시오. (Korean)

Եթե խոսում եք անգլերենից բացի մեկ այլ լեզվով, ապա Ձեզ համար հասանելի են լեզվական աջակցման անվճար ծառայություններ: Այցելեք մեր վեբ կայքը կամ զանգահարեք այս փաստաթղթում նշված հեռախոսահամարով: (Armenian)

اگر به زبان دیگری بجز انگلیسی گفتگو می کنید، کمک زبانی رایگان فراهم می باشد. به وبسایت ما مراجعه نمایید و یا به شماره تلفن که در سند ذیل لست شده، تماس بگیرید. (Farsi)

Если вы не владеете английским и говорите на другом языке, вам могут предоставить бесплатную языковую помощь. Посетите наш веб-сайт или позвоните по номеру, указанному в данном документе. (Russian)

英語をお話しにならない方は、無料の言語支援サービスを受けることができます。弊社のウェブサイトアクセスするか、または本書に記載の電話番号にお問い合わせください。(Japanese)

إذا كنت تتحدث لغة غير الإنجليزية، فإن خدمات المساعدة اللغوية المجانية متاحة. تفضل بزيارة موقعنا على الويب أو اتصل برقم الهاتف المدرج في هذا المستند. (Arabic)

ਜੇ ਤੁਸੀਂ ਅੰਗ੍ਰੇਜ਼ੀ ਤੋਂ ਇਲਾਵਾ ਕੋਈ ਹੋਰ ਭਾਸ਼ਾ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਸਾਡੀ ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿਚ ਦਿੱਤੇ ਨੰਬਰ 'ਤੇ ਕਾਲ ਕਰੋ। (Punjabi)

បើលោកអ្នកនិយាយភាសាផ្សេងក្រៅពីភាសាអង់គ្លេស សេវាកម្មជំនួយផ្នែកភាសាមានផ្តល់ជូនដោយឥតគិតថ្លៃ។ សូមចូលមើលគេហទំព័ររបស់យើងខ្ញុំ ឬហៅទៅកាន់លេខទូរស័ព្ទដែលមានរាយនៅក្នុងឯកសារនេះ។ (Khmer)

Yog hais tias koj hais ib hom lus uas tsis yog lus Askiv, muaj cov kev pab cuam txhais lus dawb pub rau koj. Mus saib peb lub website los yog hu rau tus xov tooj sau teev tseg nyob rau hauv daim ntawv no. (Hmong)

अगर आप अंग्रेजी के अलावा कोई अन्य भाषा बोलते हैं, तो मुफ्त भाषा सहायता सेवाएं उपलब्ध हैं। हमारी वेबसाइट पर जाएं या इस दस्तावेज़ में दिए गए फोन नंबर पर कॉल करें। (Hindi)

หากคุณพูดภาษาอื่นนอกจากภาษาอังกฤษ สามารถขอรับบริการช่วยเหลือด้านภาษาได้ฟรี เข้าไปที่เว็บไซต์ของเรา หรือโทรติดต่อหมายเลขโทรศัพท์ที่แสดงไว้ในเอกสารนี้ (Thai)