



Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association

## Regence Health Coach<sup>SM</sup> PEBB Enrollment Form

Welcome to the Regence Health Coach program! If you are like most people, you already know you can benefit from regular exercise, a healthier diet, and less stress in your life. This information is not new, yet many of us delay taking action. But did you know that by incorporating regular exercise, a healthy diet and stress reduction, you can reduce your chances of developing many future illnesses by up to 50%?

While wellness is a simple concept, we know it can be hard to get started on your own. That is why we offer you a confidential relationship with a qualified personal health coach who will work with you one-on-one to help you set and accomplish your wellness goals.

We have collected a few facts in a quiz below to help motivate you to contact a Regence Health Coach and begin your personalized journey to wellness. The enrollment form is at the end of the quiz. We have helped thousands of people. Let us help you!

---

### How much do you know about wellness?

Chris and Alex are a couple in their late 30s. They recently moved to a new city, started new jobs, and lost a close relative. Even though they know it is important, exercise and eating well are not part of their daily routine—but they do try to be active and eat healthy whenever they can.

1. If they maintain this lifestyle for the next 10 years, each will:

- a. Lose 6-7 pounds of muscle
- b. Lose 1-3 pounds of muscle
- c. Gain 3-5 pounds of muscle
- d. Remain the same

**Answer:** Each will lose 6-7 pounds of muscle. We begin to lose muscle as early as our 20s, and this loss accelerates as we get older. The good news is that regular exercise prevents muscle loss, which has many benefits: it gives you more energy, protects your bones from fractures, and helps you burn more fat, to name a few!

2. The move, the new job, and the loss of a close family member have taken a toll on Chris. She is feeling extremely stressed out, yet does not do anything about it. How do you think this affects Chris physically?

- a. She suffers from headaches
- b. Her systems function at the level of a 69-year-old person
- c. She sleeps poorly
- d. All of the above

**Answer:** All of the above. Stress causes everyday aches and pains. In addition, some research shows that during high stress times our systems “age” by as much as 32 years. While stress is

inevitable, the good news is that there are highly effective techniques that can help you cope with stress so that you can withstand stressful times with little to no damage to your overall health.

3. Alex is a busy person and dinners-on-the-go are very appealing. He often opts for “super-sizing.” For just 67 cents more, Alex can get a lot more food! How much will super-sizing one meal *really* cost him?

- a. 67 cents
- b. \$2
- c. Up to \$7.72

**Answer:** Recent research showed each time we “super-size” a meal, we gain about 36 grams of body fat. This increased weight ends up costing a combined \$7.72 in increased gasoline consumption and future medical bills. For a frequent “super-sizer,” this can really add up!

Eating healthy may seem hard when we are so busy—but it is not as hard as you may think. Let us help you find ways to sneak healthy food into your busy life!

Has any of this information surprised you? Are you ready to start setting and achieving attainable healthy lifestyle goals? A health coach is standing by to assist you at no cost. It is simply another valuable program offered to you and your family as Regence members.

### **Regence Health Coach PEBB Enrollment Form**

\_\_\_\_\_  
First Name                                      Last Name                                      Member ID#                                      Date of Birth

\_\_\_\_\_  
Current Mailing Address                                      City                                      State                                      Zip Code

Please check off the method of communication you prefer your health coach to use:

Home phone: (     ) \_\_\_\_\_                                       Work phone: (     ) \_\_\_\_\_

Cell phone: (     ) \_\_\_\_\_                                       Email: \_\_\_\_\_

Best weekday (M-F) to contact you: \_\_\_\_\_                                      Best time to contact you: \_\_\_\_\_

Gender:  Male     Female

Your first wellness goal is to simply mail or fax in this form at 1 (866) 882-8849 or call us at **1 (800) 856-8543** Monday through Friday, between 7 a.m. and 5 p.m., Pacific time. Enrolling with a personal health coach is a great start to making a positive change in your health.

What healthy lifestyle goal(s) would you like to discuss with your Health Coach? *Optional* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association

**PO Box 1106**  
**Lewiston ID 83501**