

# Welcome to Beyond Weight.

Here's to you, and your empowered self.



Cheers to taking this first step on your journey. We're happy to be here with you. As you start off, here's what to expect:

- Monthly visits with your care team
- Quarterly visits with your provider
- Lab draws (as your provider sees fit)

You'll learn about a different topic each month. Monthly topics include:

- Month 1: Goals motivation rewards
- Month 2: General nutrition
- Month 3: Meal planning and preparation
- Month 4: Safe, enjoyable movement tips
- Month 5: Revisit goals and progress
- Month 6: Stress management
- Month 7: Sleep
- Month 8: Building on nutrition
- Month 9: Addressing stalls and plateaus with weight loss
- Month 10: Building on movement
- Month 11: Your new lifestyle
- Month 12: Looking ahead

And every week, you'll get a new article on that topic. Here's how to find it:

- 1 Sign on to your My Premise Health account, go to your menu on the top left, and select "To Do."
- 2 Choose "View tasks" and read the available materials.
- 3 Complete the task by selecting "I understand."
- 4 Set your notifications under "To Do Reminders" to never miss a week.

For more information and answers to your questions, check out [members.premisehealth.com/beyond-weight](https://members.premisehealth.com/beyond-weight). You can also contact your Premise Health care team.



## Find your tasks and set up preferences.

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

### Calhoun County Health and Wellness

34 Green Street, Battle Creek, MI 49014

Monday - Thursday 7am - 7pm

Friday 7am - 5pm

Saturday 9am - 3pm

Phone: 269.743.3315

### Who can use these services?

All employees and dependents on the health plan are eligible to utilize the health center services

Calhoun County Health and Wellness Center  
Operated by Premise Health.