



Inches Away

A value-added weight loss benefit
incentive program for PHP members



The insurance your health deserves.

8101 West Jefferson Blvd.
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www.phpni.com

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Living with a desirable weight is vital to your good health.

Maintaining your weight and changing your lifestyle is not always easy. The best and safest way to achieve and maintain a healthy weight is with the help and advice of medical experts.

According to the Centers for Disease Control and Prevention (CDC) over one-third of U.S. adults and 17% U.S. children are obese. Obesity is defined as having a body mass index number of 30 or higher. Obesity increases the risk to many health conditions such as: heart disease, stroke, diabetes and cancer and has a huge financial burden as well. In 2008, medical costs for those that were considered obese were estimated to have \$1,429 more in medical cost than those with a normal body weight.

Our **Inches Away** program is designed to encourage, support, and reward your goal of achieving a healthy weight. **Inches Away** is a value-added benefit incentive program supporting members who are committed to losing weight.

For Adolescents

If you are under 18 years of age, **Inches Away** reimburses the total cost of a weight loss program (up to a \$1,500 lifetime max) and is paid in one payment after completion of the program. A receipt showing payment is required, and adolescents must be referred into the program by a physician. Contact PHP for program information.

For Adults

Inches Away offers an incentive of \$1,500 (lifetime max) divided into two payments. The first payment of \$500 occurs when you lose 10% of your initial weight and the final payment of \$1,000 after one year of maintaining or improving your weight loss.

To participate in Inches Away, you must:

- Be 18 years or older
- Have a BMI of 27 or greater
- Be a PHP member with group medical coverage. Indigo Individual™ members are not eligible.
- See your physician and have them complete the Weight Loss Incentive Form, verifying your weight, height and BMI. (Form available at www.phpni.com or by calling PHP Customer Service.)

For more information about Inches Away weight loss benefit incentive program and any restrictions that may apply, please contact PHP Customer Service at (260) 432-6690, ext. 11; 1-800-982-6257, ext. 11; or (260) 459-2600 for the hearing impaired.

