



## Trying to take charge of your weight? Maintain Don't Gain can help.

We've teamed up with Kaiser Permanente to bring you Maintain Don't Gain. It's an 8-week program that can help you stay focused on eating healthy and fitting in exercise during the holidays – so you can keep off the extra pounds.

Attached to this email, you'll find a weekly personal tracker. Print it out or download it to your computer so you can watch for any weight change over the next 8 weeks. You'll also start receiving weekly emails that will give you challenges, tips, and resources to help you maintain your weight.

Keep your tracker handy and look for your Week 1 email to arrive soon.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232