

Weight Management Resources

Aetna Healthy Lifestyle Coaching

Benefits-eligible employees/dependents can earn incentives through free online and telephonic coaching.

www.aetna.com , 1-866-213-0153.

Weight Watchers

Employees get a discount on e-tools and meetings.

www.fsap.emory.edu/health , (404) 727-4328

Nutrition & Fitness Coaching

Meet in-person with a Registered Dietitian or Health Fitness Specialist for free at Faculty Staff Assistance Program.

www.fsap.emory.edu/health , (404) 727-4328

Fitness Facility Discounts

Emory employees receive membership discounts at a number of gyms on campus and off campus.

www.fsap.emory.edu/health

Aetna Discount Program

Aetna members save money on a variety of wellness products and services, such as Jenny Craig® and Nutrisystem®.

www.aetna.com

Emory Bariatric Center

Surgical and non-surgical weight loss options are available.

www.emoryhealthcare.org/bariatrics , 1-778-7777

Blog: <http://advancingyourhealth.org/bariatric-weight-loss/>.

CVS Minute Clinic Weight Loss Program

Aetna members/dependents over 18 receive free assessments and coaching with a Nurse Practitioner.

www.minuteclinic.com/weightloss.

Achieving your goal weight is a personal journey that takes personalized resources.

Find what works for you.



Want to lose weight on your own?

Get started with these websites:

www.cdc.gov/obesity

www.nutrition.gov/weight-management

www.choosemyplate.gov



Get tips and stay motivated.

Sign up for the Healthy Emory Weight Management Listserv by emailing efsap@emory.edu today!

