



# YOUR HEALTH IS CALLING

A telehealth weight management program



THE UNIVERSITY OF TEXAS  
**MD Anderson**  
**Cancer Center**<sup>®</sup>

Are you a cancer survivor interested in one-on-one health coaching for guidance on healthy eating and becoming more physically active?

You could be eligible to participate in MD Anderson's **FREE telehealth weight management program**, *Your Health is Calling*. The program is proven to help people lose weight and improve diet and physical activity.

## Why join Your Health is Calling?

### Participants receive:

- Our 6-month, 16-session weight management program to guide you on making modest changes to diet and exercise based on healthy lifestyle recommendations.
- A fitness tracking device to begin tracking your physical activity.
- Access to a weight management support line with a trained health coach.
- Tailored educational resources and materials on nutrition and physical activity.

### A trained health coach will help you:

- Lower your risk of chronic disease by achieving healthy weight loss.
- Set physical activity and weight management goals for a healthier lifestyle.
- Learn the health benefits of being physically active and making healthy food choices.

### To take part you must:

- Have completed primary cancer treatment.
- Have a BMI greater than or equal to 25.
- Have access to a telephone or the internet for weight management coaching sessions.



For more information, contact [YourHealthIsCalling@MDAnderson.org](mailto:YourHealthIsCalling@MDAnderson.org) or submit an inquiry by scanning the QR code: