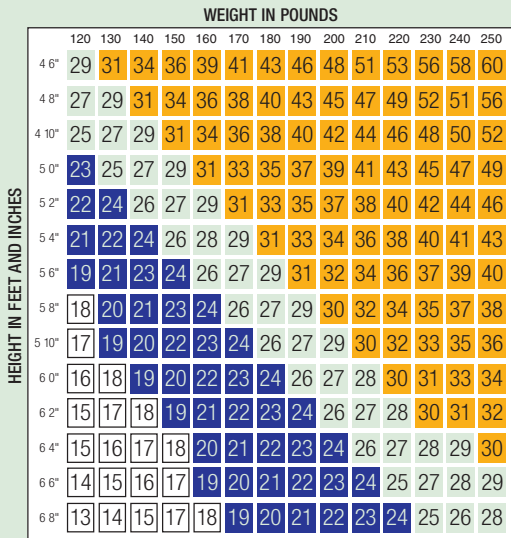


TAKE CHARGE OF YOUR CARE.

YOU DON'T HAVE TO LIE ABOUT

YOUR WEIGHT ANYMORE. NOW YOU CAN LIE

ABOUT YOUR HEIGHT.



CHARTING YOUR BODY MASS INDEX (BMI)
IS A STEP TOWARD FIGHTING OBESITY.

Healthy Weight Overweight Obese

Tear out this card and share the information
with your health care professional.



United Health Foundation

IF YOU THINK OBESITY IS A PROBLEM,

TRY TYPE 2 DIABETES.

DISEASES AND HEALTH PROBLEMS RELATED TO OBESITY:

Type 2 diabetes



Heart disease



High blood pressure



Stroke



Gallstones



Liver disease



Pulmonary disorders

Approximately 300,000 adult deaths in the U.S. each year are related to obesity.

Talk with your doctor about a weight-loss plan that's right for you.

