



## Childhood Weight Management and Nutrition Program

Virginia Premier is committed to helping you take control of your health. If your doctor has talked to you about weight management and nutrition concerns for your child, our childhood weight management program will aim to help you and your child become active in his/her care, improve your child's health and quality of life and help you find ways to eat better and stay active.

### Why participate?

- You will receive the most current health information about weight management and nutrition
- You will get support from a Registered Nurse

### Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle.

### What does the program include?

A nurse will talk with you about:

- How weight and nutrition affects the family
- Your child's overall health
- Your feelings about your child's weight and nutrition
- Any medications your child is taking
- Ways to eat healthier foods and exercise more
- The importance of seeing your doctor
- Any other support services you may need

### How can I join?

To learn more about childhood obesity and how Virginia Premier can help, please call our Chronic Care Management Nurses, Monday - Friday, 8 am - 5 pm, at 1-866-243-0937.