

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

Do you need help staying on track with your weight?

Take the AmeriHealth Weight Management Challenge.

Here's how the Health Improvement Challenge works...

"Weigh-in" on _____

Approximately six weeks later, participants will be "weighed-out."

Maintain your weight or stay within two pounds, and qualify for select raffle prizes!

For more details, contact:



AmeriHealth

AmeriHealth HMO, Inc. QCC Insurance Company, d/b/a AmeriHealth Insurance Company
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