

Living Well Tip of the Week

Nearly two-thirds of adults in the US are overweight. (NIDDK)

Being Overweight or Obese Can Put You at Risk For:

- Diabetes
- Heart disease
- Stroke
- Hypertension
- Gallbladder disease
- Osteoarthritis
- Sleep apnea & other breathing problems
- Some forms of cancer (*uterine, breast, colorectal, kidney, gallbladder*)



Check out the Weight Condition Center for a weight assessment, weight loss options, and a library of information. Go to our Living Well Health Manager powered by WebMD at <https://www.webmdhealth.com/ut> and select “Managing My Health”