



Dear Member,

The Start Smart for Your Health™ weight management program welcomes you!

Magnolia Health Plan (Magnolia) wants to help you learn ways to eat smart and be active. We will update you on new information, offer care management, if it is needed, and help you take charge of your health. The materials provided are meant to help you with that. We have included a booklet which gives you helpful tips and resources on how to eat smart and be active.

There is also an activity and food log included. Make copies and keep track of your activity and food choices each day.

As part of this program, you receive:

- Helpful staff to help you learn to take control of your health. They can help answer your questions about activity and food choices.
- Mailings to inform you of new information.
- A website to give you current information and podcasts about staying healthy. www.StartSmartForYourHealth.com.

Your participation is strictly voluntary. You can stop being in this program whenever you wish; just let us know.

If you have any questions feel free to call us at 1-866-912-6285 (TDD/TTY 1-877-725-7753 or Mississippi Relay Services 711), or visit www.MagnoliaHealthPlan.com.

Best regards,
Magnolia Health Plan

