



Scale Back Weight Management Program

*Increase your energy
and reduce your risk*





CareFirst BlueCross BlueShield
10455 Mill Run Circle
Owings Mills, MD 21117

Small changes for living well

Looking for some extra support to improve your lifestyle and lose weight in the process?

The science-based Scale Back program can help you lose 5–10% of your body weight and cut your risk of developing diabetes in half.

How can I learn more?

If you're ready to feel better and improve your overall health, take the online assessment by visiting carefirst.com/sharecare. Log in to, or create your Sharecare account. Navigate to the *Achieve* section, select *Programs*, then click *Scale Back*.

Questions? Call Sharecare support at 877-260-3253.

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