

CHOOSE TO LOSE



Weight loss is a journey. Your Tria Health team is here to support you all the way!



We all know that losing weight isn't an easy process and can be extremely difficult alone. That's why Tria Health is here for you!

If you are an employee on ATC's 2022 medical plan, have a smart phone, and your BMI meets the eligibility requirements (between 27-29.9 plus a chronic condition OR BMI of 30+), Tria Health's Choose to Lose program will provide you immediate access to some of the best resources that will help aid in your weight loss.

Your weight loss toolkit will include:



A designated health coach (dietitian)



An industry-leading health and fitness app



Access to a clinical pharmacist

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