



Building a healthy relationship with food

Resources and support for eating disorders

Eating disorders don't discriminate — they can happen to anyone, at any age, male or female. At least 30 million Americans suffer from an eating disorder, and one person dies every hour as a result.¹ But it doesn't have to be that way. If you or a loved one is at risk, it's important to get help right away.

Signs of eating disorders vary from person to person, but may include:

- Excessive weight loss or gain
- Uncontrolled or impulsive eating
- Feelings of guilt or shame associated with eating
- An obsession with body weight or image
- Self-induced vomiting, over-exercising or other responses to eating

No matter the symptoms or severity, you don't have to go it alone. Help is available through your IPG medical plan benefits. All services are confidential, voluntary and provided at no additional cost.

Liveandworkwell.com

Get online support to help you and your family manage the emotional challenges of living with an eating disorder.

Rally®

Set healthy eating and exercise goals and stay motivated through online programs, tools and information. Choose from personalized online Missions to help you improve your diet, fitness, sleep and mood.

If you're experiencing a medical emergency, go to the nearest emergency room or call 911 right away.

Food for thought

Eating disorders are not:

- Just a woman's disease
- A personal choice
- A sign of weakness

Eating disorders can:

- Happen at any age
- Be deadly if left untreated
- Be managed, with help from a health professional

We're here to help

If you or someone you know has an eating disorder, it's important to ask for help.

To get more information on these programs or to enroll, call **1-866-679-0946**.



¹National Association of Anorexia Nervosa and Associated Disorders.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates.

