



FOREIGN SERVICE BENEFIT PLAN

Caring For Your Health Worldwide®

Get started with Virtual Lifestyle Management (VLM) today!

Congratulations on taking the first step to a healthier you!

We know it's hard to make healthy changes. That's why the **FOREIGN SERVICE BENEFIT PLAN (FSBP)** is offering you the Virtual Lifestyle Management (VLM) program for FREE!

VLM is a web-based program for members with a Body Mass Index (BMI) of 30 or higher that helps you lose weight and improve your overall health. It has all the information, tools, and resources to help you make small changes that can make a big difference. You'll get help with choosing healthy food and activities that will work for you and your lifestyle. Best of all, it is available 24/7 and easy to use!

To get your FREE VLM access, simply visit:
afspa.vlmservice.com
Don't miss out.
Get started today!



With VLM you can:

- ✓ Work at your own pace
- ✓ Learn skills to meet your weight loss goals and to continue living healthier
- ✓ Use the food tracker to log what you eat and plan your future meals
- ✓ Keep in touch with your personal online coach who is there to help you every step of the way
- ✓ Check out the many tools proven to help you succeed



"The program avoids all of the pitfalls I've experienced in other weight-loss efforts. VLM has never been a burden. It sets realistic goals and encourages the participant. The lessons are very well done and the logging is as easy as can be."
– Gordy, from Tennessee, has lost 63 pounds

"I learned things that I didn't know even though I have dieted for years and thought I knew about all of it. Having a coach to talk with was very helpful, but I think what I liked most about it was you were in charge of your own success. Even if you failed they still supported you."
– Linda, from Oregon, has lost 58 pounds

Questions? Email us at afspa@vlmservice.com or call us at 1-866-312-8144