



COIN Weight Loss Program

Survivors Thrive!

Month 6

This week you will:

- ✓ Transition from coaching sessions to self-coaching
- ✓ Think about your ongoing team of support
- ✓ Plan for ongoing health and quality of life

Welcome to Month 6 of the COIN Weight Loss Program! Our Johns Hopkins Oncology and Behavioral Health team thanks you for being part of our exciting program and study. It has been an honor to be part of your health journey.

This month is your last session with your Coach; however, **it is just the beginning of your long-term commitment to your health**. Please take time to talk through each of the below items with your Coach and feel free to reach out to the COIN study team with any questions.

- You have created a relapse prevention plan with your Coach.
 - Please review it again during this month's visit and make sure you commit to a plan to maintain your progress over time.
- You will have continued access to the educational materials and other features on the FX Well website until the study comes to an end. If you have questions about when this will be, please contact the study coordinator (410-550-9056) for a better sense of the study close out date.
 - Please refer back to educational materials from Months 4 and 5 to think about avoiding weight regain and relapse.
 - Remember, frequent self-weighing is a strategy for keeping weight off once you have lost it. Be sure to weigh yourself regularly.
 - There are a number of apps for tracking weight, calories and exercise. We used My Fitness Pal for this program because your Coach was able to view this information from the FX Well platform.
 - The key to your ongoing success is to find something that works for you!

As a reminder, your participation in this study will help us learn about the benefits of this program for a number of health outcomes. Be sure to continue your care with your regular health care providers.

THANK YOU FOR YOUR COMMITMENT TO THE COIN STUDY!!!