



COGIC BENEFITS

Church of God In Christ is pleased to provide our members with affinity programs that offer discounted rates on a variety of services. Members receive savings on dental and medical programs, insurance programs, plus much more.

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[Take the COGIC Health Challenge!](#)
Register Your Church TODAY!
[Click Here](#)

HELP SUPPORT NATIONAL ID DAY

COGIC Leaders everywhere are embracing November 2nd, 2008 National ID Day. Our participation today affects the results of tomorrow. Churches [CLICK HERE](#) to commit to be a part of the "I Decide to Fight Diabetes (or ID Day)". Individuals [CLICK HERE](#).

Need Dental Insurance?- [Dental Program](#)

Maintaining optimal oral health not only gives beneficiaries a brighter, healthier smile, but may also help them fend off many potentially chronic diseases.

FREE Prescription Card

As prescription costs continue to spiral out of control COGIC Benefits continues to look for ways to provide relief for their members - and their families. This **PRESCRIPTION DRUG PROGRAM** is being offered at **NO COST** to you in order to help our members cut their prescription drug costs! [Click Here](#) For more information on the [prescription cards](#).

-FREE Prescription Card

Other Services by COGIC Benefits

In addition to providing death benefits so your loved ones can carry on financially without you, certain types of life insurance can build cash value to secure your own financial future. Life insurance benefits can help.

- [Mutual of Omaha Life Insurance](#)
- [Final Expenses Insurance](#)
- [Accidental Medical Insurance](#)



Diet & Nutrition -- Healthy eating is the cornerstone of good health for African Americans

[Soul Food Pyramid](#)

[Soul Food Pyramid for Kids](#)



Garlic and Basil Spaghetti

-- Garlic not only adds kick to traditional dishes, it also adds a kick to your health. Garlic contains two very powerful and beneficial components.

[Get The Recipe](#)



-- CORRECT PORTION SIZES

Choosing foods that slim down your waist line is simple (especially since we've provided you with a plethora of lists), but the task doesn't end there.

[Click here](#)

5 ways to lose weight fast

Losing weight is easy. It's as simple as reducing your calorie intake. However, not feeling hungry is the difficult part of dieting. By following a few simple steps you can reduce your calorie intake without hunger pains and start to lose weight now!

1. **Eat a large breakfast.** Why do we Americans eat our largest meal of the day when we will be the least active? Start your day with a large breakfast, followed within 5 hours by a medium sized lunch, and within another five hours a small dinner. The large breakfast also lets your body know that it will be taken care of and avoids turning on the "starvation mode."
2. **Savor the flavor.** The fact is that the first few bites of have the most flavor. Take a moment to savor the first few bites. Getting into the habit of slowing down while you are eating will also help you stop eating when you are full, since your body will have time to send you the "full signal."
3. **Create a "finish line."** A finish line is especially important at restaurants where you do not get to chose your portion. The "finish line" is an imaginary line on your plate that the food cannot cross. You will divide your portions into smaller portions and eat only the food on the one side. If you use step two and savor the flavor you may be surprised to find that you are full even before finishing the divided portions. The "finish line" when you are at home is two fold. First you will not eat seconds. Secondly, you will only serve yourself a healthy, average sized portion. A healthy portion is considered 4 - 6 ounces of meat and 6 - 8 ounces of vegetables.

4. **Take a drink first.** Before indulging in a snack stop and drink an eight ounce glass of water, then wait five minutes. You may find that your snack craving is gone by just drinking a glass of water. Plus, the water helps by keeping your body hydrated and by helping you feel full so that if you do snack you will eat less.

5. **Never eat sweets alone.** Just by eating sweets in front of others we will naturally eat less. First of all because we may share a portion and secondly we don't want to be seen as a "pig". Tell family and friends you are on a diet and when you are about to take a huge bite of cheesecake they will be ready and willing to remind you of your diet.

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