

# \* Weight & Diabetes Management Programs \*

	<h2>Real Appeal</h2>			<h2>weight watchers</h2>	
<b>Focus</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight Management</b>	<b>Pre-Diabetes + Diabetes Management</b>
<b>Description</b>	Simple, manageable measures you can easily integrate into your everyday life for long-term health benefits and lasting weight loss.	Retrain your brain and your body. Rediscover the pleasures of eating in a way that nourishes your body but not your waistline.	Evidence-based program from NC State that empowers you to live mindfully as you make choices about eating and activity.	In-person meetings combined with SmartPoints® tracking focused on fruits, veggies and lean protein. Includes 200+ zero Points® foods.	Puts you in charge of your eating decisions to stop restrictive dieting while curbing mindless and emotional eating.
<b>Format &amp; Tools</b>	<ul style="list-style-type: none"> <li>• Live weekly online class</li> <li>• Success Kit: fitness guide, recipe book, weight scale, etc</li> <li>• 1:1 personal coaching for qualified participants</li> <li>• Member portal</li> <li>• Mobile app</li> </ul>	<ul style="list-style-type: none"> <li>• Self-paced online classes</li> <li>• Welcome Kit: manual, tape measure, reminder bracelet</li> <li>• Member portal</li> <li>• Mobile app</li> </ul>	<ul style="list-style-type: none"> <li>• Live weekly online class</li> <li>• Member portal</li> <li>• Mobile app</li> </ul>	<ul style="list-style-type: none"> <li>• Live meetings at worksite or local WW center</li> <li>• Spouse/dependents may attend WW centers only</li> <li>• Member portal</li> <li>• Mobile app</li> </ul>	<ul style="list-style-type: none"> <li>• Self-paced online classes</li> <li>• Weekly inspirational email</li> <li>• Q&amp;A forum</li> <li>• Member portal</li> <li>• Mobile app</li> </ul>
<b>Duration</b>	52-week program	52-week program	15-week program	12-week program	12-week program
<b>Employee Cost</b>	All program costs paid by State of Arizona for each participant	\$176 for 8 weeks <i>No cost to qualifying applicants*</i> \$55 for remainder of program costs per participant, paid by employee	\$235 for 15 weeks \$30 rebate/10 sessions completed costs per participant, paid by employee	\$126 for 12 weeks <i>cost per participant, paid by employee</i>	\$179 for 12 weeks <i>cost per participant, paid by employee</i>
<b>Registration Website</b>	<a href="http://stateofarizona.realappeal.com">stateofarizona.realappeal.com</a>	<a href="http://naturallyslim.com/stateofarizona">naturallyslim.com/stateofarizona</a>	<a href="http://esmmweighless.com">esmmweighless.com</a> Code: AZGOVESMMWL	For more information, send an email to <a href="mailto:wellness@azdoa.gov">wellness@azdoa.gov</a>	<a href="http://amihungry.com/stateofarizona/diabetes">amihungry.com/stateofarizona/diabetes</a>
<b>Completion Definition</b>	200 HIP points** earned after Welcome Mtg + 9 classes completed	200 HIP points** earned after 8 sessions completed	200 HIP points** earned after 10 sessions completed	200 HIP points** earned after 10 sessions completed	150 HIP points** earned after 6 sessions + quiz completed
<b>Participant Eligibility</b>	Benefits eligible employees, spouses and dependents age 18+ <b>must be enrolled in State medical plan</b>	Benefits eligible employees, spouses and dependents age 18+ <i>not required to enroll in State medical plan</i>	Benefits eligible employees, spouses and dependents age 18+ <i>not required to enroll in State medical plan</i>	Benefits eligible employees, spouses and dependents age 18+ <i>not required to enroll in State medical plan</i>	Benefits eligible employees, spouses and dependents age 18+ <i>not required to enroll in State medical plan</i>



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*\*Limited time offer, "no cost" participation qualification requirements determined by Naturally Slim after application is complete.*

*\*\*To register for HIP (Health Impact Program) and earn up to a \$200 annual incentive, visit [totalwellbeing.az.gov](http://totalwellbeing.az.gov).*

*HIP participation not required to enroll in any program. All rules of the individual providers, State medical plan*



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*enrollment, and HIP apply. All activities are subject to verification by program administrator.  
Reasonable accommodations will be provided to individuals with disabilities.*