

❁ Weight & Diabetes Management Programs ❁

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|--------------------------------|---|--|---|---|---|
| Focus | Weight Loss + Weight Management | Weight Loss + Weight Management | Weight Loss + Weight Management | Weight Loss + Weight Management | Pre-Diabetes + Diabetes Management |
| Description | 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. |
| Format & Tools | <ul style="list-style-type: none"> ● Live weekly online class ● Success Kit: fitness guide, recipe book, weight scale, etc ● 1:1 personal coaching for qualified participants ● Member portal ● Mobile app | <ul style="list-style-type: none"> ● Self-paced online classes ● Welcome Kit: manual, tape measure, reminder bracelet ● Member portal ● Mobile app | <ul style="list-style-type: none"> ● Live weekly online class ● Member portal ● Mobile app | <ul style="list-style-type: none"> ● Live meetings at worksite or local WW center ● Spouse/dependents may attend WW centers only ● Member portal ● Mobile app | <ul style="list-style-type: none"> ● Self-paced online classes ● Weekly inspirational email ● Q&A forum ● Member portal ● Mobile app |
| Duration | 52-week program | 52-week program | 15-week program | 12-week program | 12-week program |
| Employee Cost | All program costs paid by State of Arizona for each participant | \$231 for 10 weeks <i>costs per participant, paid by employee</i> | \$235 for 15 weeks \$30 rebate/10 sessions completed <i>costs per participant, paid by employee</i> | \$126 for 12 weeks <i>cost per participant, paid by employee</i> | \$179 for 12 weeks <i>cost per participant, paid by employee</i> |
| Registration Website | stateofarizona.realappeal.com | naturallyslim.com/ stateofarizona | esmmweighless.com Code: AZGOVESMMWL | weightwatchersaz.com/ atwork/stateofarizona | amihungry.com/ stateofarizona/diabetes |
| Completion Definition | 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 |
| Participant Eligibility | Benefits eligible employees, spouses and dependents age 18+ must be enrolled in State medical plan | 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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benefitoptions.az.gov/wellness

**To register for HIP (Health Impact Program) and earn up to a \$200 annual incentive, visit totalwellbeing.az.gov. HIP participation not required to enroll in any program. All rules of the individual providers, State medical plan enrollment, and HIP apply. All activities are subject to verification by program administrator. Reasonable accommodations will be provided to individuals with disabilities.*



