

# ❁ Weight & Diabetes Management Programs ❁

|                                | <b>Real Appeal</b>  | <i>natura)(y)slim</i>  |  Eat Smart   Move More<br><b>Weigh Less®</b><br>Online | <b>weight watchers</b>  |  Am I Hungry?<br>Mindful Eating for Diabetes   |
|--------------------------------|---|--|--|---|---|
| <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<br><i>No cost to qualifying applicants*</i><br>\$55 for remainder of program costs per participant, paid by employee   | \$235 for 15 weeks<br>\$30 rebate/10 sessions completed costs per participant, paid by employee  | \$126 for 12 weeks<br><i>cost per participant, paid by employee</i>   | \$179 for 12 weeks<br><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><br>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+<br><b>must be enrolled in State medical plan</b>  | Benefits eligible employees, spouses and dependents age 18+<br><i>not required to enroll in State medical plan</i>   | Benefits eligible employees, spouses and dependents age 18+<br><i>not required to enroll in State medical plan</i>                       | Benefits eligible employees, spouses and dependents age 18+<br><i>not required to enroll in State medical plan</i>  | Benefits eligible employees, spouses and dependents age 18+<br><i>not required to enroll in State medical plan</i>  |



wellness@azdoa.gov  
benefitoptions.az.gov/wellness

*\*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.*