

# ❁ ❁ *Weight Management* ❁ ❁

	<h2>Real Appeal</h2>	<h2>natura)(ySlim</h2>	
<b>Focus</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight Management</b>	<b>Weight Loss + Weight 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.	In-person meetings combined with SmartPoints® tracking focused on fruits, veggies and lean protein. Includes 200+ zero Points® foods.
<b>Format &amp; Tools</b>	<ul style="list-style-type: none"> <li>● Live weekly online class</li> <li>● Success Kit: fitness guide, recipe book, 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, bracelet</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>
<b>Duration</b>	52-week program. Weekly classes.	52-week program. Self-paced classes.	12-week program. Weekly classes.
<b>Employee Cost</b>	\$0 - full program for all eligible participants (see below) <i>Funded by State of Arizona</i>	\$231 - 10 weeks <i>Cost per participant, paid by employee</i>	\$126 - 12 weeks <i>Cost per participant, paid by employee</i>
<b>Registration</b>	<a href="http://stateofarizona.realappeal.com">stateofarizona.realappeal.com</a>	<a href="http://naturallyslim.com/stateofarizona">naturallyslim.com/stateofarizona</a>	<a href="http://weightwatchersaz.com/atwork/stateofarizona">weightwatchersaz.com/atwork/stateofarizona</a>
<b>Completion Definition</b>	200 HIP points* earned after Welcome Meeting + 9 classes completed	200 HIP points* earned after 8 sessions completed	200 HIP points* earned after 10 sessions completed
<b>Eligibility</b>	Benefits-eligible employees, spouses and dependents age 18+ <b>Must be enrolled in State medical plan</b> Must meet program eligibility requirements	Benefits-eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan Must meet program eligibility requirements	Benefits eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan



wellness.az.gov  
wellness@azdoa.gov  
602.771.9355

*\*To register for HIP (Health Impact Program) and earn up to a \$200 annual incentive, visit totalwellbeing.az.gov. HIP participation is 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 the program administrator. Reasonable accommodations will be provided to individuals with disabilities. Rev. 2.2020*



# \* \* Diabetes Prevention & Management \* \*



<b>Focus</b>	<b>Pre-Diabetes</b>	<b>Pre-Diabetes + Diabetes Management</b>
<b>Description</b>	Developed by the Centers for Disease Control (CDC), this lifestyle change program helps you reduce your Type 2 diabetes risk by learning new skills in losing weight, becoming more physically active and reducing stress.	Puts you in charge of your eating decisions to stop restrictive dieting while curbing mindless and emotional eating for optimal blood sugar management.
<b>Format &amp; Tools</b>	<ul style="list-style-type: none"> <li>• In-person weekly group meetings</li> <li>• Trained lifestyle coach</li> <li>• CDC-approved curriculum</li> <li>• Group support</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>	12 months, 26 classes, 1hour each. Starts weekly, then bi-weekly, then monthly.	6 online classes, 1 hour each. Self-paced classes.
<b>Employee Cost</b>	\$0 - full program for all eligible participants (see below) <i>Funded by the UA Cooperative Extension and the UA College of Agriculture &amp; Life Sciences</i>	\$179 - 6 classes \$129 rebate if join ASU research study <i>Cost per participant, paid by employee</i>
<b>Registration</b>	<a href="http://preventdiabetesaz.org/find-a-class">preventdiabetesaz.org/find-a-class</a>	<a href="http://amihungry.com/state-of-arizona-diabetes-class-online/">amihungry.com/state-of-arizona-diabetes-class-online/</a>
<b>Completion Definition</b>	200 HIP points* earned after 16 sessions completed	200 HIP points* earned after 6 sessions + quiz completed
<b>Eligibility</b>	Benefits-eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan Must meet program eligibility requirements	Benefits-eligible employees, spouses and dependents age 18+ Not required to enroll in State medical plan Must meet program eligibility requirements



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