

Earn Healthy Rewards Points

Weight Loss Programs and Diabetes Prevention

City employees and spouses can now earn Healthy Rewards points for participating in programs like the Real Appeal, Weight Watchers, Jenny Craig, the Diabetes Prevention Program, etc.

Here's how it works:

- **Earn 10 points if you attend/participate in the program for at least 10 weeks**
Participants must provide proof that they have attended at least 10 weekly program sessions
 - **Earn additional 10 points if you lose weight over the course of the program**
Lose over 3lbs from baseline weight
- OR**
- **Earn additional 5 points if you maintain your weight over the length of the program**
Gain no more than 2lbs
 - **A maximum of 20 points can be earned**

For programs that require self-reported weight changes, participants must weigh-in at the City Wellness Center or Traveling Wellness Center sites at the start AND at the end of the program to verify maintaining or losing weight.

For more information on Healthy Rewards,
visit the DER website at <http://city.milwaukee.gov/DER/Benefits2016/HR>,
e-mail: cityofmke@froedtert.com or call: 414-777-3410.

