

# Phase II Healthy Rewards

To be eligible for **Phase II**, you must complete **Phase I**



## Earn Healthy Rewards Points for Weight Loss Programs

City employees and spouses/domestic partners can earn Healthy Rewards points for participating in programs like the **Real Appeal** and **Weight Watchers!**

### Here's how it works:

#### **1. 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.*

#### **2. Weigh in at the Wellness Center or Traveling Wellness Center to earn additional points.**

*Earn an **additional 10 points** if you lose over 3 pounds during the course of the program. (Weigh-in must be done before program starts and after 10 weeks of participation.)*

*Earn an **additional 5 points** if you maintain your weight during the course of the program or gain no more than 2 pounds.*

**A maximum of 20 points can be earned**

*For more information on Healthy Rewards, visit the DER website:*

*[city.milwaukee.gov/DER/WYCM](http://city.milwaukee.gov/DER/WYCM)*

*e-mail: [cityofmke@froedtert.com](mailto:cityofmke@froedtert.com) or call: 414-777-3410*

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