

# Earn Healthy Rewards Points for Weight Loss Programs

City employees and spouses can earn Healthy Rewards points for participating in programs like the Real Appeal, Weight Watchers, Journey to a Healthier You and Seasonal Maintain Don't Gain Challenges!

- No self-reported dates or weights allowed

## Here's how it works:

- 1. Earn 10 points if you attend the program for at least 10 weeks and provide proof of attendance.**

*For programs like Journey to a Healthier You and Maintain, Don't Gain, employees should follow the participation specifications outlined for each program.*

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

*Earn an **additional 10 points** if you lose over 2 pounds during the course of the program. (Initial weigh-in must be taken within 2 weeks of the start date. Final weigh-in must be taken no more than 2 weeks after the end date of the program.)*

*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 visit the DER's Healthy Rewards website: [www.milwaukee.gov/healthyrewards](http://www.milwaukee.gov/healthyrewards), e-mail: [cityofmilwaukee@froedtert.com](mailto:cityofmilwaukee@froedtert.com) or call: 414-777-3410.



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