

Wellness Weight Management Programs for 2016

CCG Main Campus—Offered Mondays 5:30-6:30PM **OR** Thursdays 12:00-1:00PM (Starting week of Jan. 4th)
Individual Behavioral Screening and Weekly Group Sessions: Behavioral/Nutrition Component with Exercise
Medical Monitoring—Optional *Saxenda* Medication Prescribed (New Appetite Suppressant)
Open Enrollment ***Join Programs Anytime***Limited Group Enrollment

Pick up and complete program entry packet for all programs at The Main Campus MedCenter. Candidates must have Allegiance medical insurance. The program is **FREE** for Premium/Select Plan level participants. The prescribed medication (*optional*) will be subject to ALL candidate's pharmacy plan level deductibles and co-pays. Basic Plan level candidates will be subject to out-of-pocket expenses for laboratory services and medication. Call Wellness for program inquiries: 252-8915



New 12-week Program

Candidates:

- ◆ 25-35 BMI
- ◆ at least 1 risk factor

(ie. diabetes, pre-diabetes, high blood pressure, sleep apnea, abnormal lipid levels, heart disease, etc.)

1. Structured meal plans
2. Daily exercise, food diaries, & attendance mandatory
3. Resting Metabolic Rate Testing (calories burned at rest)
4. Bioimpedance Testing (% body fat)
4. Medical monitoring
5. *Saxenda* medication—optional
6. \$50 Healthy Bucks issued if <25 BMI attained within twelve week period.



Nine Month Program

Candidates:

- ◆ 36 and greater BMI
 - ◆ at least 1 risk factor
- (ie. diabetes, pre-diabetes,

high blood pressure, sleep apnea, high lipid levels, etc.)

1. Four phase structured meal plan
2. Mandatory attendance, exercise and food diaries
3. Resting Metabolic Rate Testing (calories burned at rest)
4. Bioimpedance Testing (% body fat)
4. Monthly medical monitoring
5. *Saxenda* medication—optional
6. \$50 Healthy Bucks issued if goal weight attained starting the Maintenance Phase.

New for 2016, those applying for **Bariatric Surgery** must participate and meet program guidelines for the *New You* Weight Management Program for one year prior to surgery.