

# Weight Management

achieving and maintaining a healthy weight



An estimated 65 percent of adults in the United States are overweight or obese. Obesity, more than smoking or problem drinking, is linked to the prevalence of chronic medical conditions and a diminished quality of health and life. Insurance industry research reveals that health care costs are greater for individuals with a high body mass index (BMI). Our weight management initiatives reduce your employees' BMIs – and your medical cost trend.



## Features and Benefits for the Employer and Employee

- ❑ UPMC WorkPartners offers a wide variety of weight management initiatives — from useful tools to full-scale campaigns.
- ❑ Self-directed online programs with health coach telephone support are available to employees at no additional cost.
- ❑ One-to-one telephone-based health coaching with a WorkPartners weight management specialist can be made available to employees, Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 3 p.m.
- ❑ On-site, health coach-led group sessions can be arranged for 5 to 18 employees. Eight one-hour group sessions meet over 12 weeks, with telephone access to health coaches between sessions.
- ❑ On-site, telephone-based, and self-study programs provide each participating employee with an engaging workbook and a toolkit packed with useful items.
- ❑ Inexpensive, one-hour *MyHealth Connections* worksite presentations introduce your employees to a behavioral approach to weight management, while enabling you to gauge employee interest in a structured on-site weight management program.
- ❑ WorkPartners offers a 12-week work-site *MyHealth Weight Race* campaign. This fun, team-based event enables employees to enjoy teammates' and coworkers' support as they develop lasting weight management behaviors in the context of their workplace. Motivational messaging continues for up to 8 months after the race ends.

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## Engagement Strategies

- ❑ Creative print and e-mail communications engage employees in weight management initiatives.
- ❑ Weight Race campaigns feature weekly award-winning *Tales from the Scales* newsletters, tip cards, e-mail messaging, an online *MyActivity* tracker and weight tracker, and weekly competitive team standings updates.
- ❑ Special “contemplation mailings” reach out to employees who have expressed near-readiness to engage in weight management activities.

## Wellness Consultation Services

- ❑ Health Promotion staff will provide a detailed report of the results of your company’s weight management initiatives.
- ❑ Results will be integrated with other available health data, such as *MyHealth* Questionnaire responses, to define the effect on your employee population risk.
- ❑ Recommendations for a multi-year strategy will be provided, to continuously improve your employees’ health.
- ❑ Creative and cost-effective services and incentives will work within your budget, contribute to a culture of employee health, and provide a sound return on investment.

## Options

- ❑ WorkPartners’ Health Promotion Department staff advise employers on building an overall strategy for wellness and weight management that includes incentives to engage employees and maximize participation.
- ❑ A dining and vending facilities assessment can be conducted and recommendations made for healthy dining and vending options.
- ❑ A Dining Smart® initiative can be developed and launched at your worksite.
- ❑ Assessments and incentives can be made available to employees as well as their spouses and dependents to support and encourage positive health changes.
- ❑ In addition to weight management programs, consider WorkPartners programs in physical activity and nutrition for your employees.

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