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## **Healthy Weight Incentive**

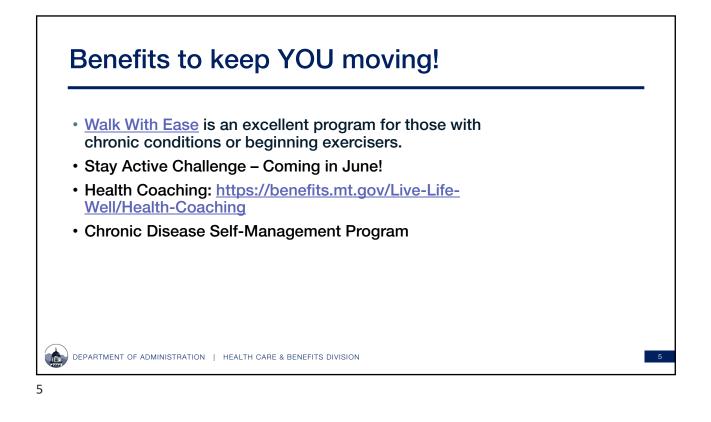
• As a graduate of the program, you may be eligible to earn the Healthy Weight Incentive!

benefits.mt.gov/Live-Life-Well/Wellness-Programs/Healthy-Weight-Incentive

## Requirements

- 1. Must show proof of 10% weight loss or a normal BMI.
- 2. Must show participation in one of the three eligible programs for <u>at least</u> 4 months.
- 3. Must show participation in regular physical activity.
- 4. Return the Healthy Weight Incentive application form to HCBD <u>AFTER</u> you have met the program requirements and are ready to apply for the Incentive.

DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION



## **Moving Forward**

- Keep tracking if that is helpful for you!
- There is NO pressure to do it on your own!



