

*Congratulations!*



**Graduation**

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What was your biggest accomplishment during the last 10 months?

*First things first:*

1. Write your weight on your chart.
2. Draw a line from your 36<sup>th</sup> week's weight to the 40<sup>th</sup>.
3. Look at your graph. Make a note on how you have done over the past 10 months.
4. Take out your F&F Log.
  - a) Are you still filling it out?
  - b) What are your plans for the log?



*What's Next?*

- This is only the beginning of a lifetime of a healthier you. YOU determine how fast and how far.
- Take stock of the last 10 months and set your course for the next.
- It's like the driving test...
- You MUST trust yourself and celebrate success – this is a large step toward that.

### Complete the Program

1. Decide how you want to continue:
  - **Graduation & continuing on your own.**  
*Notify us if you want*
  - **Graduation & continuing support**  
*(individual sessions every 2 mo. or less often).*
  - **Participate in Cigna/CareHere Weight Management**
2. Schedule a health screening and return those results to us to get your graduation certificate and reimbursement *(as applicable)*.

### Reimbursement Rewards

- As a graduate of the program, you have access to our rewards! *Please refer to your reimbursement request form.*

#### Requirements

- Lost 10% of your starting weight.
- Have *State of Montana-sponsored* health screening records for the last two years that show that 10% loss.
- Have purchased a service or item that will help you continue towards your goals.

### Please!

1. Schedule a health screening as soon as possible in 2013.
2. Return those results to us:
  - Mail: PO Box 200130, Helena, MT 59620;
  - E-mail: [kpullman@mt.gov](mailto:kpullman@mt.gov); or
  - Fax: (406) 444-0080.
3. Fill out and return the reimbursement request form (as applicable).
4. Fill out the graduation survey:  
<http://www.surveymonkey.com/s/hflgrad>.

*Psst – you'll need to know your waist circumference:*  
[http://www.ehow.com/how\\_4498639\\_why-measure-waist-circumference.html](http://www.ehow.com/how_4498639_why-measure-waist-circumference.html)

### 4 Keys to Success

Getting to and Maintaining a Healthy Weight

1. **Low-calorie diet**
2. **Regular and varied exercise**
3. **Very little (1hr. or less/day) television.**
4. **Eating Breakfast EVERY day**



*Unlock your potential*

### Lose the Excuses!

- Take responsibility for your own situation.
- Take Action!
- Find patterns that work for you.
- Reward yourself!



### What Are YOUR Goals?



1.  
Weight Loss



2.  
Exercise



3.  
Healthy Habits

### Meet your goals!

- **Continue** to review and revise goals as you move forward.
- Think through and **write down** barriers you think you may run into & how will you work around them.
- **Write** them down.
- **Tell** someone about them.

*Stay true to your course.  
Trust the process and know it will continue.*

### Tips to Stay Moving

- **Keep it front and center.** Post reminders where you can see them.
- **Continue to record what you eat at least one week per month.**
- Weigh yourself at least once per week.
- Call Us!

*Attention to these details lets you maintain your progress.*

*Don't let it sneak up on you again!*



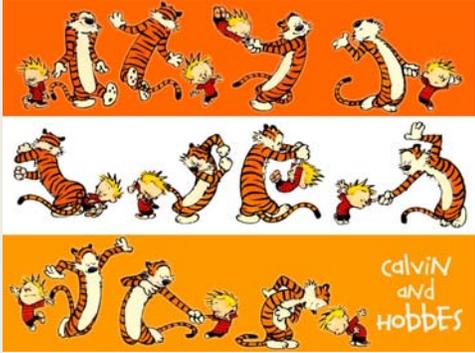


*Your Future:*

1. CONTINUE towards your goals.
2. CONTINUE to monitor your weight and food/exercise.
3. Schedule a screening.
4. Return results.
5. Fill out a reimbursement form if you qualify.

*Remember, this is our last group meeting.  
You will have 1 more individual session.*

*Congratulations on your accomplishments!*



*Your Turn*

