



## Graduation

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WELLNESS PROGRAM  
MANAGER


Health Care & Benefits

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## First Things First

1. Write your weight on your chart.
2. Draw a line from your last recorded weight to the newest recorded weight.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Make a note about how you did this month.



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## Complete the Program

1. Decide how you want to continue:
  - Graduation & continuing on your own.  
*Notify us if you want*
  - Graduation & continuing support - *health coaching is available!*
2. Apply for the Healthy Weight Incentive!



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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](https://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 at least 4 months.
3. Must show participation in regular physical activity.
4. Return the Healthy Weight Incentive application form to HCBD AFTER you have met the program requirements and are ready to apply for the Incentive.



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## Benefits to keep YOU moving!

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- [Walk With Ease](#) is an excellent program for those with chronic conditions or beginning exercisers.
- Stay Active Challenge – Coming in June!
- Health Coaching: <https://benefits.mt.gov/Live-Life-Well/Health-Coaching>
- Chronic Disease Self-Management Program



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## Moving Forward

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



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