

# **Weight Management Program Continuous Enrollment**

Department of Administration

Office of Group Insurance

Boise, Idaho

The Office of Group Insurance, in cooperation with Blue Cross of Idaho, is pleased to announce that the Weight Management Incentive Program will now be offered year round. The pilot Weight Management program, initially offered in April 2006, only provided for a two month enrollment period. The initial program was very successful. A total of 212 members participated in the program, losing an average of almost 32 pounds each. A total of \$16,800 in incentive payments were made to participants through June 30, 2007.

All State of Idaho employees, retirees and dependents covered under one of the State's medical plans with Blue Cross of Idaho are eligible to participate in the program. The same weight loss programs offered in the initial program will be offered under the new program. Those are:

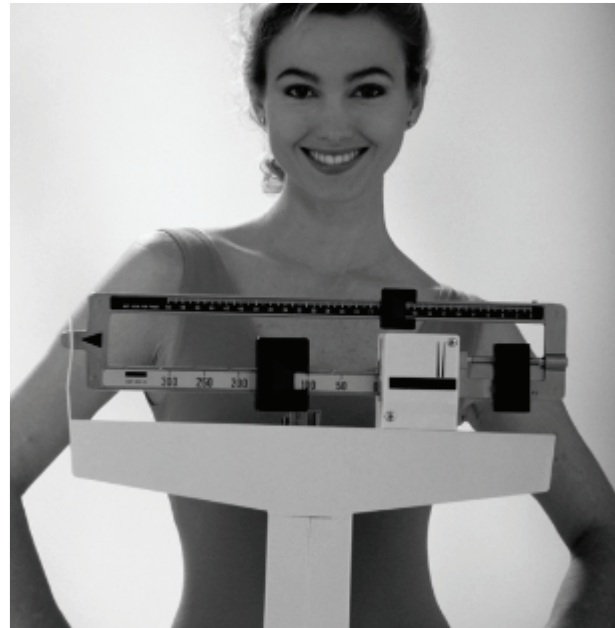
- Jenny Craig® [www.jennycraig.com](http://www.jennycraig.com) or 800-597-JENNY
- L.A. Weight Loss® [www.laweightloss.com](http://www.laweightloss.com) or 800-331-4035
- Weight Watchers® [www.weightwatchers.com](http://www.weightwatchers.com)

While these programs share the common goal of helping you lose weight, each offers different techniques to accomplish this goal. The cost of each of the plans differ and will also vary by individual. Program costs are not covered. For the best results, choose the one that can be most easily incorporated into your daily routine.

#### ***How does reimbursement work?***

Six months after starting the program if you have lost 10% of your initial weight, you will be eligible for a \$100 incentive payment. After 12 months, if you have either maintained that weigh loss, or are just now achieving the 10% weight loss, you will be eligible for a second \$100 incentive payment. This means that each individual has the potential of receiving up to \$200.

If you are currently enrolled in a program you may participate in the incentive program; however we cannot honor your previous weight loss. Your weight as of **August 1, 2007** will be your starting point for this program.



#### ***How do I get my incentive payment?***

To obtain the \$100 incentive payment(s) for attaining and maintaining the 10% weight loss goal through the Jenny Craig®, LA Weight Loss® or Weight Watchers® programs, click on the Reimbursement Form link below.

[Reimbursement Form](#)

The form is also available on the Group Insurance website at:

[Weight Loss Program - Reimbursement Form](#)

Please use the address below for all forms.

**Heather Mykelgard  
Blue Cross of Idaho  
P.O. Box 7408  
Boise, ID 83707**

#### ***Questions:***

For questions regarding the weight management program please contact Office of Group Insurance at **1-800-531-0597**, or in the Boise area at **332-1860**.