

To: All Employees & Health Plan Members
From: Kim Stroud, Division Manager – Employee Health Benefits
Date: April 4, 2018
Subject: Last Year for YWEIGHT. New Program Coming in 2019!



2018 is the last year for Yweight. A brand new program is coming in 2019!

YourChoice Health Plan's purpose is to educate, equip, motivate and support employees and their families to promote personal wellbeing. When we looked at the outcomes of Yweight, it became clear that some of the objectives of the program were no longer being met and we needed to create a program that would be accessible to more members. We know that Body Mass Index (BMI) is only one indicator of health, so we are creating a program that will align with a broader understanding of health and wellbeing.

The new program will be simpler and better aligned with overall health; AND we believe more members will achieve success and subsequently be eligible for a Health Bucks reward. Stay tuned for announcements later this year about the details of the new program!

COMMON QUESTIONS

Do I Need to Attend a Weigh Out This Year?

That depends. We will be holding weigh OUT events in May, June, and July this year (schedule coming soon!). You must attend a weigh out event to verify that you met your 2018 goal and earn health bucks to be used in 2019.

- If you meet the Yweight goals given to you last year, you should attend a weigh out event to earn Health Bucks for 2019.
- If you do not anticipate meeting your Yweight goal, you may choose not to attend a weigh out event. Please note, we will have YourChoice Advocates at these events if you need assistance identifying available resources to help you achieve your highest level of wellbeing.

I Am New This Year/I Didn't Participate Last Year – Can I Earn Health Bucks for Yweight This Year?

No. If you did not participate last year – whether you are a new employee or didn't attend a weigh out event – you are not eligible to participate in Yweight this year because the program and goals are based on your weight from last year. However, you will be able to participate in the new program in 2019.

Can You Tell Me More About the New Program?

We are finalizing a NEW program that will take a broader approach to health. We are very excited about these changes and will get details out to you later this year. This program is slated to begin in January 2019 to earn a reward for 2020, which means there will not be a gap in earning Health Bucks.

I Have Additional Questions, Who Should I Contact?

Questions about Yweight should be directed to Christine Fritz, Wellness Manager, at 941.748.4501 x3967 or christine.fritz@mymanatee.org.