



MyWay to a Healthy Weight Program Information

Program Eligibility

- The program is FREE to all benefits-eligible Washington University employees
- The employee participant must have a BMI of 25.0 or greater to participate
- The employee participant must have a desire to lose weight
- The employee's primary care physician must sign a waiver to participate
- Family members are invited to attend sessions alongside the employee

Program Description

- Personalized, flexible, and supportive approach
- Successfully helps adults lose weight and maintain their weight loss
- Recommendations backed by over 30 years of research
- Dedicated Registered Dietitian helps participants create an action plan to achieve healthy eating and physical activity goals

Program Structure

- 12-month program
 - 4 months of individual/family weekly sessions
 - 4 months of small weekly group sessions and monthly individual sessions
 - 4 months of weekly support via email and monthly individual sessions

What will it be like to participate in the MyWay to a Healthy Weight Program?

- The MyWay to Health weekly behavioral goals include:
 - Weigh at home twice per week
 - Plan meals and snacks in advance (breakfast, lunch, dinner, and up to two snacks)
 - Log all foods and beverages eaten
 - Eat within a recommended calorie range for weight loss:
 - Approximately 1,200 - 1,600 calories per day
 - Reduce consumption of unhealthy foods
 - Increase intake of fruits and vegetables
 - Increase physical activity
 - Reduce leisure time sedentary activity
- Participants will develop skills to navigate healthy eating and physical activity challenges through all seasons, holidays, and high-risk situations
- Healthy changes are encouraged across all areas of life:
 - Learn the importance of creating a healthy home environment
 - Identify friends or co-workers that will support healthy behaviors
 - Explore community resources to support healthy behaviors

How to Get Started

- Attend a virtual orientation session and complete associated paperwork- orientations for new enrollments are held in April, July, and December with sessions beginning the following month
- Enroll in an upcoming orientation on our website <https://hr.wustl.edu/items/healthy-weight-program/>
- Capacity is limited, participation is subject to availability
- Email MyWay to Health with additional questions MyWaytoHealth@wustl.edu