MyWay to a Healthy Weight Program Information

Program Eligibility
- The program is FREE to all benefits-eligible Washington University employees and immediate adult family members
- The participant must have a BMI of 25.0 or greater to participate
- The participant must have a desire to lose weight
- The participant’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 weekly group sessions and monthly individual sessions
  - 4 months of monthly group sessions and email support

What will it be like to participate in the MyWay to a Healthy Weight Program?
- The weekly behavioral goals include:
  - Weigh at home twice per week
  - Plan meals and snacks in advance
  - 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 different seasons, holidays, and high-risk situations
- Healthy habits are encouraged across all areas of life:
  - Creating a healthy home environment
  - Establishing communities of support and accountability
  - Exploring community resources to support healthy behaviors

How to Get Started
- Attend an orientation session and complete associated paperwork
  - Orientations for new enrollments are held in April, July, and December with sessions beginning the following month
  - Capacity is limited, participation is subject to availability
- Register for an upcoming orientation https://hr.wustl.edu/items/mywaytohealth/
- Email MyWaytoHealth@wustl.edu with additional questions