



Weight Loss Program Incentive

Participants have the opportunity to earn an incentive to help offset the cost associated with [Weight Watchers](#). Other weight loss programs¹ can be considered on a case by case basis, contact simplywell@crouse.org.

HOW THE PROGRAM WORKS

Who is eligible?

- All Crouse Hospital and Crouse Medical Practice full-time and part-time employees
- Family members enrolled in the Crouse Employee Health Plan

What is needed to receive the incentive?

- Participant must be enrolled in the program for at least 8 weeks and achieve at least 5% weight loss
- Send email request to simplywell@crouse.org, provide Crouse Employee # and the following:
 - Proof of program enrollment and associated payment²
 - Weight loss validation by weight loss program leader or primary care provider³

Incentive Table: Calculated Based on Program Cost and Weight Loss Percentage

There is an "Initial Incentive" for achieving the weight loss (in yellow) and a "Maintenance Incentive" for keeping the weight off for at least 6 months (in pink). Participants can earn an incentive worth 50-80% of program cost depending on weight loss percentages (up to a maximum incentive of \$160).

		INITIAL INCENTIVE				MAINTENANCE INCENTIVE			
		5.0-7.5%	7.6% - 10.0%	10.1% - 12.5%	12.6% - 15.0%	5.0-7.5%	7.6% - 10.0%	10.1% - 12.5%	12.6% - 15.0%
Weight Loss % →		5.0-7.5%	7.6% - 10.0%	10.1% - 12.5%	12.6% - 15.0%	5.0-7.5%	7.6% - 10.0%	10.1% - 12.5%	12.6% - 15.0%
Incentive % →		30%	35%	40%	45%	20%	25%	30%	35%
PROGRAM COST	\$50	\$15	\$18	\$20	\$23	\$10	\$13	\$15	\$18
	\$75	\$23	\$26	\$30	\$34	\$15	\$29	\$23	\$26
	\$100	\$30	\$35	\$40	\$45	\$20	\$25	\$30	\$35
	\$125	\$38	\$44	\$50	\$56	\$25	\$31	\$38	\$44
	\$150	\$45	\$53	\$60	\$68	\$30	\$38	\$45	\$53
	\$175	\$53	\$61	\$70	\$79	\$35	\$44	\$53	\$61
	\$200	\$60	\$70	\$80	\$90	\$40	\$50	\$60	\$70

Table is for illustrative purposes, incentive will be calculated based on actual program cost.

The below example illustrates how to read the Incentive Table

PROGRAM COST = \$100	
Initial Incentive: Achieved 8.0% weight loss, earns 35% reimbursement	\$35
Maintenance Incentive: Submit for "Maintenance Incentive" 6 months after requesting "Initial Incentive"	
Compared to program start weight, did not maintain at least 5.0% (0% incentive)	\$0
Compared to program start weight, achieved 5.0-7.5% weight loss (add'l 20% incentive)	\$20
Compared to program start weight, achieved 7.6-10.0% weight loss (add'l 25% incentive)	\$25
Compared to program start weight, achieved 10.1-12.5% weight loss (add'l 30% incentive)	\$30
Compared to program start weight, achieved 12.6-15.0% weight loss (add'l 35% incentive)	\$35
TOTAL INCENTIVE (depending on maintenance incentive earned):	\$35 - \$70

¹ To be considered, program must have formal nutrition education component

² Proof of enrollment must include participant name, program start date, and payment receipt

³ Must include baseline and follow-up weight measurements with corresponding dates; acceptable documents include a letter, medical records, patient portal documentation, [Crouse Health Incentive Form](#) signed by primary care provider.