

# City of Tacoma

## Weight Management Program Verification Form



Dear Employee,

As part of the Tacoma Employee Wellness (TEW) Program, you can earn points towards a financial incentive for participating in a certified weight management program that is  $\geq 4$  weeks in length.

Please complete the section below and then submit the completed form to your Wellness Coordinator: [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org) (email) or 747 Market Street, RM 1420, Tacoma, WA, 98402. You can also fax it to 253-591-5873. **Please retain a copy for your personal records.**

This is a voluntary program and the City of Tacoma will not receive any personal information regarding your weight management program. **Completed forms are due no later than September 30, 2019.**

<b>Employee Name:</b>	<b>Employee ID Number:</b>
<b>Weight Management Program*:</b> (examples: 30/10 Weight Loss for Life, Jenny Craig, My Best 10, Nutrisystem, Weight Watchers, or a doctor prescribed program)	<b>Program Start Date:</b>
<b>Program End Date:</b> (if you participate regularly, please say 'continuous')	<b>Did you reach your goal? (Optional)</b>
<b>Please share your feedback and/or key takeaways from this program: (Optional)</b>	
<b>Employee Signature:</b>	<b>Date:</b>

*\*Please contact your Wellness Coordinator via the contact information listed above if you don't see your program listed.*