

# City of Tacoma



TACOMA  
EMPLOYEE WELLNESS  
Growing with Better Health

## Weight Management Verification Form

Dear Employee,

As part of the Tacoma Employee Wellness (TEW) Program, you can earn 200 points towards a financial incentive for participating in a certified weight management program that is  $\geq 4$  weeks in length up to two times per program year (400 points total).

Please complete the section below and then submit the completed 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. **Important note: Each submitted form is worth 200 points. So, to qualify for the 400 point maximum, you will need to submit TWO forms by September 30, 2020.**

<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, Noom, Nutrisystem, Weight Watchers, , or a doctor prescribed program)	<b>Program Start Date:</b>
<b>Program End Date:</b>	<b>Did you reach your goal?</b>
<b>Please share your feedback and/or key takeaways from this program:</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.*