



## Program Overview

CIS Benefits will reimburse 70% up to \$400 of the cost of participating in an approved healthy eating or weight management program per calendar year for up to 5 years.

### **Eligibility**

- Employee/eligible family members must be 18 or older
- Employee must be covered by a CIS medical plan; OR
- Employee can opt-out or waive medical coverage and still be eligible if their employer is insured through CIS' workers' compensation insurance (email [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org) to check status)

### **Approved programs must meet best practices standards:**

- Regular attendance at or online participation in weekly meetings/check-ins focused on healthy eating
- Eating “regular” food, not specially purchased food or diet plans (programs that require purchase of supplements pre-packaged foods, or medications are not eligible)
- Daily tracking of food intake
- A strong focus on physical activity. \*\*\* Please note - Reimbursement is NOT available for electronic tracking devices or monthly monitoring fees.
- Recognition of other factors that influence weight - stress, genetics, emotions, etc.

### **Examples of Eligible Programs:**

- Weight Watchers® (Community/At-Work meetings, Online) community, hospital, or clinic-based programs (**clinic- based requires prior CIS approval**)
- Programs must promote eating “regular” food, stress physical activity, encourage food tracking, be educational in nature, and recognize other factors that influence weight such as stress, genetics, emotions, etc.
- For all other inquires, please email a sample flyer or brochure of program to [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org) for review prior to enrollment

### **Program Enrollment & Reimbursement:**

- Pay full program cost up-front
- Attend meetings or participate online on a consistent basis. **CIS allows up to three missed meetings per program series** (13-week series, a 3-month online program, or 3-months of monthly passes). You must demonstrate regular program participation to be eligible for reimbursement by attending at least 70% of weekly meetings for which you are seeking reimbursement for.

**Upon completion of 3 months or more, submit completed [Reimbursement Form](#) , including the following documentation, to CIS:**

<a href="#">Reimbursement Form</a>	Attached Outcomes Survey
Weekly Meeting Attendance log, unless Online Program	Online Points log for those enrolled in Online Weight Watchers

**Fax documentation to 503-763-3900, or scan/email [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org)**