



BENEFITS

FUSE Weight Management – Group Health Coaching Frequently Asked Questions (FAQ)



What is FUSE?

FUSE is a **free**, comprehensive, 12-week weight management program intended to help motivate associates and their spouses toward achieving their weight loss goals with the support and influence of their worksite social networks. This fully integrated weight management program was developed on the basis of physician and industry research and incorporates best practices being used in other successful weight management programs.

FUSE incorporates weekly weigh ins, group support, and education on key health topics; and it's conducted by the trusted and knowledgeable staff of OurHealth.

Why offer FUSE?

Approximately 7 out of every 10 Americans are overweight or obese. Individuals who are overweight or obese have a much higher risk of developing disease and chronic conditions, including diabetes, heart disease, and stroke. They also incur approximately \$1,429 higher medical costs each year than those who have a normal body weight.

With OurClinics@CNO, CNO associates and their spouses have direct access to clinic resources. OurHealth's FUSE program provides multiple benefits by: (1) expanding CNO's weight management program offerings, (2) providing free access to clinical resources in weight management, (3) fostering positive relationships between associates and OurHealth coaches, nurses, and providers, (4) helping associates to identify and discuss potential related health conditions with medical professionals, and (5) increasing the overall statistical likelihood of achieving personal weight loss goals.

Who is eligible to participate in FUSE?

FUSE is open to associates (regardless of medical plan enrollment) and spouses who are enrolled in a CNO Care Options Medical plan in Carmel, Chicago, and Philadelphia. To participate, associates and spouses must also complete the online Health Risk Assessment (HRA) through the OurHealth portal and obtain a biometric screening (from OurClinic@CNO or any other medical provider before the end of the registration period. During the registration process, participants must sign a letter of commitment to complete the full program.

How can I benefit from FUSE?

As a FUSE participant, you'll have access to tools and resources to help make your weight loss journey successful. As you lose weight, you'll lower your risk for other conditions such as hypertension, heart disease, stroke, and diabetes. FUSE is also designed to empower you to create a sustainable lifestyle action plan, so that you not only lose weight on the program, but maintain a healthy lifestyle after you've completed it.

If you participate in FUSE and you're enrolled in a CNO Care Options medical plan, you may CNO wellness incentives – associate earn \$100 per session (quarterly) and spouses earn \$50 per session (quarterly), when they meet all of the FUSE program requirements.





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What are the requirements to earn the CNO wellness incentive for FUSE?

To be eligible for the CNO wellness incentive, FUSE participants must attend all (100%) of the five one-on-one meetings with an OurHealth provider and attend at least seven (70%) of the ten weekly group meetings. One-on-one meetings with a physician, health coach, or nurse will focus on biometrics, motivation, and satisfaction; and they're considered critical to program success.

How do I register?

OurHealth will manage the registration process via phone and/or email. The FUSE registration process will be open at the end of each quarter and will be communicated via DailyAm and Associate Communications.

To Register:

Call 1-866-434-3255 *and reference FUSE as the reason for your call.*

or

Email CNO@ourhealth.org with your Name, Email, Phone Number and *FUSE* in the subject line

