



For Your Health! Weight Management Program Request for Consideration



Associates may earn \$50 in CNO wellness incentives each quarter for the successful completion of a 12-week, CNO-approved weight management program (up to \$200 per year). CNO-approved weight management programs include:

- *Weight Watchers*
- *Jenny Craig*
- *Cigna Weight Management Program*

To earn the incentive for participation in a weight management program not on the CNO-approved programs list, you must complete this *Request for Consideration* form and submit it to [For Your Health](#).

Upon receipt of your completed form, the For Your Health! team will assess whether the requested program meets the educational criteria for a Weight Management Program to earn CNO wellness incentives. The For Your Health! team will issue its decision to you in writing within 10 business days.

ASSOCIATE INFORMATION	
Name:	Employee ID:
Email:	Telephone:
PROGRAM INFORMATION	
Program Name:	Web Address:
Contact Name/Office:	Telephone:
Is your attendance and program completion tracked? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, describe the mechanism used to track attendance and completion:
Are you required to set goals? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, describe the goal setting process (individually-set or advised/coached toward healthy and attainable goals?)
Is your progress tracked? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, describe the mechanism for tracking your progress:
ADDITIONAL INFORMATION	
Explain why you selected this program and why you feel CNO should approve the program for wellness incentives:	
Explain why one of the CNO sponsored Weight Management Programs does not fit your needs:	