



YMCA EMPLOYEE BENEFITS

A nonprofit benefit Plan exclusively serving YMCAs since 1970.

REDUCE YOUR RISK TRANSFORM YOUR LIFE

SUPPORTING THE HEALTH OF OUR YMCA EMPLOYEES & FAMILIES

As employees of one of the nation's leading nonprofits, each one of us has a key role to play in strengthening communities through youth development, healthy living, and social responsibility. But as committed as we are to the well-being of the communities we serve, that doesn't mean we are exempt from healthy living challenges in our own lives.

That's why, while you're busy doing your part to help strengthen our communities, as your benefits plan, YMCA Employee Benefits is committed to supporting the health and well-being of you and your families.



Lose weight, boost your energy, reduce your risk for diabetes...and earn a \$100 gift card!*

TAKE THE FIRST STEP

What you need to know about the YMCA's Diabetes Prevention Program as a member of a YMCA Employee Benefits medical plan:

- ✓ **Join at any participating YMCA**
Even if your YMCA doesn't yet provide the program, you can participate at any branch nearby that does
- ✓ **No cost to you**
As a covered benefit on your medical plan, it won't cost you anything out-of-pocket to participate
- ✓ **Earn a \$100 gift card after 12 sessions**
Once you've completed at least 12 sessions, submit the form on the back of this flyer to earn a \$100 gift card with our WellnessWorks program*

ABOUT THE PROGRAM

If you're at risk for type 2 diabetes, making small, measurable changes can reduce your risk and help you live a happier, healthier life. The YMCA's Diabetes Prevention Program will give you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

Led by a trained Lifestyle Coach in a small group setting, participants focus on reducing body weight by 7% and increasing physical activity by 150 minutes per week. The program includes a total of 25 sessions, delivered over the course of one year.

LEARN MORE about the program by visiting: ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention

*For WellnessWorks program complete rules and details, see our [Member Flyer](#)



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ATTESTATION FORM

Diabetes Prevention Program

Congratulations on taking the next step in your health journey by participating in the YMCA's Diabetes Prevention Program! We are a strong advocate for this YMCA program and the positive impact that it can have on your health. YMCA Employee Benefits believes in this program's success so strongly that we are offering a \$100 gift card to those who meet the incentive requirements below, as part of our WellnessWorks program!

SUBMIT THIS FORM to certify you have completed the requirements below.

To earn this incentive, you must be an eligible YMCA Employee Benefits medical plan member at the time requirements are completed. Eligible plan members include employees, spouses/domestic partners, retirees, and COBRA participants. Dependent children can participate in this program if eligible, but will not receive an incentive.

INCENTIVE REQUIREMENTS

By signing below, I certify that:

I am currently enrolled in a YMCA Employee Benefits medical plan as either a YMCA employee, retiree, or COBRA participant, or a spouse or domestic partner of such*

I have completed at least 12 sessions of the YMCA's Diabetes Prevention Program

*Member must continue to be enrolled in a YMCA Employee Benefits medical plan throughout the time it takes for this incentive to be processed, which takes an average of 45-60 days from the date this form is received.

SIGNATURE

By signing this form, I certify that the information provided is true, complete, and correct.

Your Name: _____ Date of Most Recent Session: _____

Your YMCA's Corporate Association Name or Number: _____

Your Signature: _____ Today's Date: _____

Your Lifestyle Coach's Signature: _____ Today's Date: _____

Privacy Notice: The information on this form will not be shared with anyone at your YMCA.

For a full Privacy Notice, visit <https://ybenefits.org/files/post/medical/files/wellnessworks/WW-PrivacyStatement.pdf>

**This form must be signed by you and your YMCA's Diabetes Prevention Program Lifestyle Coach.
Once complete, please email to EmployeeBenefits@ymca.net.**