

COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

The City of Savannah has partnered with **St. Joseph's Candler Wellness Center** to offer an evidence-based weight management program designed to support sustainable weight loss and long-term health. This intensive year-long program provides nutrition education, physical activity guidance, and personalized coaching to help participants build healthy habits they can maintain for life.

Eligibility Requirements

- City of Savannah employee or dependent.
- Enrolled in the City medical plan.
- Have a **BMI \geq 35**.
- Commit to required participation standards (*no more than two missed or late-canceled sessions per quarter; missed session must be made up*).

Program Components Include

- Clinical assessments & lab monitoring (e.g., resting metabolic rate, weight tracking, lipid profile)
- Personalized nutrition support. One-on-one counseling and education with a Registered Dietitian.
- Individualized fitness programming; Personal training coaching, customized exercise plans.
- Education & accountability; lecture series, case manager coaching, and ongoing progress monitoring.
- Wellness Center Membership; Group fitness & structured physical activity.

Participant Commitment

This is an intensive, year-long program requiring consistent participation and compliance with program expectations. Detailed participation requirements will be reviewed during enrollment. *One-time participation.

How to Enroll

- This is a self-referral program, no physician referral is required.
- Enrollment is subject to eligibility verification.
- **To enroll or for additional questions, please call 912.819.8828.**

Program Start Dates

Cohort-based program with quarterly start dates:

March 1 • June 1 • September 1 • December 1



ADDITIONAL WELLNESS RESOURCES

Employees who do not meet eligibility requirements for the Weight Management Program are still encouraged to take advantage of other wellness resources.

Medical Nutrition Therapy (MNT)

City of Savannah employees, dependents, and retirees enrolled in the medical plan are eligible for up to four (4) hours of medical nutrition therapy per year through St. Joseph's Candler. **To enroll or for questions, please call 912-819-6146.**



Wellness Center

Monday-Friday 5:15 a.m.-7 p.m.
Saturday 7 a.m.-2 p.m.
Sunday 12 p.m.-5 p.m.



The Wellness Center at St. Joseph Candler offers state-of-the-art fitness equipment, group fitness, and water aerobics classes, personalized fitness assessments and expert guidance, all in a convenient Midtown Savannah location.

For pricing and enrollment, call **912-819-8800** or scan the QR code.

Wellness Center | 5353 Reynolds St, Savannah, GA 31405



FITNESS REIMBURSEMENT

The City of Savannah reimburses employees up to **\$40 per month (pre-tax)** for fitness memberships or online classes when **8 visits per month** are completed!



Reimbursements are issued quarterly. **Scan the QR code to learn.**

