FOR YOUR EMPLOYEES:
MEANINGFUL WEIGHT LOSS THROUGH LIFESTYLE CHANGE

healthy solutions® at home

THE PROGRAM

• A comprehensive weight-loss and lifestyle modification program from HMR.
• Combines a structured diet using HMR foods, increased intake of fruits and vegetables, increased physical activity, and behavioral lifestyle coaching to support practicing the skills needed to maintain weight loss long term.
• Includes two distinct phases: weight loss and weight maintenance.
• Weekly group coaching sessions by phone designed to improve participant compliance and provide extra support and accountability.
• Fills a gap in employer-sponsored wellness programs by offering employees a behavior-based program that can provide documented weight-management outcomes.

SIMPLE

• Easy for your organization to implement.
• Fits well into existing wellness, prevention, or other weight-loss programs you may currently offer.
• Remotely delivered program is convenient for employees to access.

EFFECTIVE

• In a clinical study, median weight loss for program completers was 23 lbs. at 12 weeks and 28 lbs. at 26 weeks.1 In this study, 60% of participants achieved ≥10% reduction in body weight, a goal that is supported by medical guidelines.


WHO IS HMR?

HMR Weight Management Services Corp., a subsidiary of Merck, is a leading provider of medically-based weight-management programs delivered through in-clinic and remote models.

Over the past 30 years, more than a million people have participated in HMR’s scientifically-based programs.

YOUR HMR ACCOUNT EXECUTIVE

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IMPLEMENTATION

• Includes support and consultation for effective program launch.
• Employee communications consultation and resources available for engaging your workforce.
• Unique outcome reports provided, including participation rates, weight changes, and lifestyle changes.
• Support for ongoing evaluation of outcomes and their impact on employee wellness and financial impact to your organization.

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