

TAKE STEPS TO WELLNESS WITH **TOPS**[®] IN THE WORKPLACE

TOPS[®] provides the weight-management component to your employee wellness program in the form of on-site weight-loss support chapters.



TINA LEANN PHOTOGRAPHY FOR TOPS CLUB, INC.

- **Cost-effective.** TOPS[®] can add a greater value to your wellness program than the cost you will incur. Our nonprofit, noncommercial status allows our program to meet your needs for a fraction of what commercial programs cost.
- **Easy to implement.** TOPS[®] provides volunteer meeting Leaders with the educational resources and support they need for informative and engaging meetings.
- **Proven effective.** Research published in *Obesity* shows that TOPS[®] members experience measurable and lasting results comparable to those of more expensive, commercial programs.

Members of this workplace chapter in Beloit, WI, lost more than 380 pounds with TOPS[®].

Real People. Real Weight Loss.®

Customize Your Workplace

We make it easy to provide your employees with the tools and support they need to build and maintain a healthy lifestyle. All options include 52 weeks of ready-to-present programs on a variety of health and wellness topics such as mindful eating, motivation, stress management, exercise, and more.

Each registered member receives a ready-set-go booklet to kickstart weight-loss, a membership magazine subscription, and online members-only tools. Members have the option to attend a community chapter at the conclusion of your company's program.

It's easy to get started.
Just choose the option that's best for
you in each category.

1 Choose Your Time Commitment

The TOPS® membership is good for 12 months, but not every workplace can commit to an ongoing or full-year program. Some organizations prefer to break their meetings up into 16-week sessions. New members may join at any time.

Choose your time:

- ☐ Ongoing ☐ 52 weeks ☐ One or more 16-week sessions

2 Select Your Leader/Facilitator

The staff nurse, benefits coordinator, or HR pro leads the meeting at many workplaces. At others, an employee volunteers to be the Leader. Whoever leads your TOPS® chapter will have convenient online access to up-to-date, engaging, and informative programs, contests, and other resources to keep weekly meetings fresh and fun.

Choose your Leader:

- ☐ Volunteer employee
☐ Employee nurse or health coach



3 Set Your Meeting and Weigh-in Schedules

Your chapter may choose to meet every week or every other week. Whichever you choose, we strongly recommend weighing in weekly. The weigh-in may be held right before the meeting or on a separate day if your shifts or work schedule don't allow time for both. For example, you may weigh in during morning break and have the meeting at lunch.

Choose how frequently to meet:

- ☐ Weekly ☐ Bi-weekly

Choose your weekly weigh-in time:

- ☐ Before each meeting ☐ Another time

Each member's starting and ending weights need to be verified by a confidential Weight Recorder. (This can be a trustworthy volunteer, company nurse, or HR professional.) For other weigh-ins, members may choose to weigh themselves.

Weigh-ins keep employees accountable, and the official record is used to calculate local, regional, and international award winners, who are recognized at inspiring TOPS® events throughout the year. Your local TOPS® representative can tell you more about events in your area.

The TOPS® one-of-a-kind recognition and awards program sets us apart from other weight-loss and wellness groups.

Choose who will record weights:

- ☐ Volunteer employee
☐ Employee nurse or health coach
☐ Employees weigh themselves (starting and final December weights must be verified)

TOPS® Chapter



4 Membership Packages

TOPS® offers two workplace membership options, both of which include tools to enhance participants' journey to health and wellness during their year-long membership. Items in each package are pictured on the last page of this flyer. Current pricing is listed on the Service Agreement.

Choose your package:

- ☐ Basic Membership Package
☐ Total Wellness Membership Package

5 Dues Structure

Your chapter may choose to assess nominal weekly or monthly dues to offset miscellaneous costs associated with running meetings, such as supplies and incentive rewards.

Choose whether or not to assess dues:

- ☐ Employee will pay monthly dues
☐ Employee will pay bulk sum of dues at outset to cover incidental costs
☐ No chapter dues

6 Billing and Payment

Some employers choose to pay for part or all of the program cost up front, while others offer a rebate for employees based on participation or wellness goals. How much you ask your employees to contribute is up to you. TOPS® will invoice your company for the full cost of all membership packages. Please see Service Agreement for details.

Have questions?
Contact TOPS® Wellness Manager
Maggie Thorison at 414-482-4620 ext. 23
or email mthorison@tops.org



MEMBERSHIP BENEFITS

TOPS® offers two affordable packages.

The Basic Package includes:

A one-year Membership +



+ My Day One, a ready-set-go guide to healthy living



+ One-year subscription to TOPS News magazine



+ Online tools on the members-only website



+ Real Life: The Hands-on Pounds-off Guide—300+ pages of the latest nutrition, fitness, motivational, and medical information available



+ Food Exchange Cards and Holder—Designed to help participants lose weight by tracking calories and Food Exchanges

2 The Total Wellness Membership Package* includes: All of the items in the Basic Package +



+ Fitness Cards—48 exercises for all ability levels. Perfect for home, work breaks or travel.



+ My Real Progress—Studies show that people who write down what they eat lose twice as much weight as those who don't. This handy booklet, small enough to take anywhere, allows members to track their food, exercise, and progress for three months.



+ Nutrition in the Fast Lane—Provides calorie counts and Food Exchange values for dozens of popular restaurant chains, so your participants can eat healthy on the go

* Available while supplies last. TOPS Club, Inc. may update or substitute materials.

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