



Eat Smart, Move More, Weigh Less Frequently Asked Questions

- **Who is eligible?** Members of the NC State Health Plan for Teachers and State Employees.
- **Where do classes take place?** Classes are offered online or on-site in Wake, Orange, Guilford, Mecklenburg, or Pitt Counties. If you would like to do an on-site class an instructor will come to your work site or school site and conduct Eat Smart, Move More, Weigh Less (ESMM Weigh Less).
- **If I'm not in one of the counties mentioned, how can I enroll in ESMM Weigh Less?** The online class is offered statewide in a real-time, synchronous format with a live instructor. You would attend classes on the same day, at the same time each week. Please see our website for more information.
- **How long are ESMM Weigh Less classes?** Each class series runs for 15 consecutive weeks. Classes are held once per week and each individual class is 45-60 minutes.
- **What is the cost of ESMM Weigh Less?** As a State Health Plan member you are eligible to take ESMM Weigh Less for \$30. *If you attend 10 out of 15 classes you will be reimbursed \$25.*
- **Is this an exercise class?** ESMM Weigh Less is a classroom-based program with a 3-5 minute movement activity. Please visit our website for a list of weekly topics.
- **What time will the classes be held?** Classes can be held before work/school, after work/school, or during lunch.
- **Is there a participation requirement?** In order to schedule an onsite class you MUST have a minimum of 15 participants. The maximum class size is 30. We encourage you to partner with a local agency or school if you do not feel like you will be able to meet the minimum participation requirement.
- **Who should I contact to organize an ESMM Weigh Less class at my site?** Please contact Jamie Pittman to schedule a class for your agency or school. E-mail: Jamie.Pittman@dhhs.nc.gov or Phone: (919) 707-5249.



For more information about ESMM Weigh Less and testimonials visit www.ESMMWeighLess.com.