

WELLNESS CORNER

Smartest Loser Challenge

What is the Smartest Loser Challenge?

It's a ten week program that motivates you to lose weight and then rewards your success with cash prizes. Based on employee interest and the popular reality TV show, "Biggest Loser," the Employee Wellness Program and the Cleveland Clinic Expert Committee on Weight Management developed this program to promote safe, sensible and permanent weight loss. The challenge includes regular weigh-ins, exercise opportunities, health related information, inspirational tips – and, of course, **PRIZE MONEY!** This program is being sponsored by the Euclid Hospital Wellness Committee.

Why Should I join? All employee participants who lose no less than 10 pounds and no more than 10% of their body weight will win an equal share of the cash prize. The entry fees ((\$10 per person) are being used to fund the cash prize, so the more people who enroll in the challenge, the more cash you could win. Once the cash prize is determined, winner earnings will be announced.

How do I register? You'll need to complete the Health Lifestyle Screening Questionnaire, review and sign the Rules, and pay a \$10 enrollment fee (cash or check only made payable to Euclid Hospital). You may register in Euclid Hospital's Human Resources Department.

When and where do I weigh-in? To be eligible to win the cash prize, you must weigh-in with Euclid Hospital's Center for Corporate Health between 7:30 a.m. to 4 p.m. on the following dates:

February 13th & 14th - first weigh-in and sign up
March 19th & 20th - mandatory mid weigh-in
April 23rd & 24th - final weigh in

Will my personal information be kept confidential? Absolutely – the weigh-ins are performed by healthcare professionals who will follow HIPAA guidelines. An alias or your employee ID number will be used to prevent others from accessing your personal information.

What are the Smartest Loser Challenge Rules?

All participating employees must:

1. Have fun and be interested in losing weight sensibly and winning prize money.
2. Complete the Healthy Lifestyle Screening Questionnaire. Obtain a physician's written approval, **IF** indicated by the screening questionnaire.
3. Agree and sign the Smartest Loser Challenge Rules
4. Pay a \$10 participation fee (check made to Euclid Hospital or cash) by February 14th and bring to the Human Resources Department.
5. Follow safe weight loss and physical activity guidelines as outlined in the Smartest Loser Challenge (e.g., no fad diets, supplements, prolonged fasting).
6. Officially weigh-in during the mandatory weigh-in days.
7. Agree that program administrators have final ruling on all contest activities and rules.
8. Agree to take the health risk assessment.
9. Lose no less than 10 pounds and no more than 10% of their body weight from your official start weigh-in to win the prize money.
10. Split the prize money with all participants reaching the weight loss goal.

Smartest Loser Program Summary

- The Smartest Loser Program starts on Sunday, February 17th.
- Health Lifestyle Screening Questionnaire may be picked up from the Human Resources Department and must be returned by Friday, February 14th.
- \$10 fee may be paid at the first weigh-in on February 13th or 14th in Human Resources.
- Weigh-ins are in the Center for Corporate Health between 7:30 a.m. and 4 p.m. on the following dates:

February 13th & 14th - first weigh-in and sign up
March 19th & 20th - mandatory mid weigh-in
April 23rd & 24th - final weigh-in

- Questions about the Smartest Loser Program may be directed to Jennifer Sorge Williams (67457) or Gloria Donnelly (68988).