



A *FREE* program that pays people to achieve a healthy weight!

## The Case for Wellness in the Workplace

Over 55% of Colorado adults are considered to be overweight or obese, which can lead to at least 15 chronic illnesses, costing in excess of \$2,845 in additional health care costs per year per person. With rising health care costs and the need to make businesses more efficient, there is a need for wellness programs to ensure a healthy and productive workforce.

Weigh and Win is a free, technology-based program that is sustainable and scalable. The success of participants can be measured through Weigh and Win kiosks located throughout the community, as well as with our mobile kiosk that can be borrowed by your organization. Weigh and Win can be promoted to employees as a complement to existing wellness initiatives, or as your organization's primary worksite wellness program. See reverse side for more details. For more information on how Weigh and Win can be used for Worksite Wellness please contact Lia Schoepke at 303-694-8012 or [lschoepke@weighandwin.com](mailto:lschoepke@weighandwin.com).

# 55%

Overweight or Obese in CO

# \$2,845

Additional Health Care Costs

# 8%

Average Weight Improvement Among Successful Participants

## Program Overview [www.WeighandWin.com](http://www.WeighandWin.com)



### ENROLL

Get started in 5 minutes. Enroll at [WeighandWin.com](http://WeighandWin.com) anytime for **FREE**.



### COACHING

Daily personalized coaching on nutrition and exercise, tailored to participants' motivations and barriers by email or text. Coaching includes daily meal plans, weekly grocery lists, exercise routines, and more. Participants can also call or email certified personal trainers for additional support and motivation.



### ONLINE RESOURCES

Participants have access to a weekly journal, a 24/7 health guide, quizzes, team challenges, weekly grocery lists and more!



### MEASURE

Participants track their progress with quarterly photographed weigh-ins at kiosks located in the community, or at the mobile kiosk that can be checked-out by your organization.



### REWARD

Participants earn cash rewards for weight improvement, and there are other opportunities for monthly prize giveaways simply for participating.

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# Weigh and Win for Worksite Wellness

www.WeighandWin.com

## MOBILE KIOSK

Make quarterly weigh-ins easy for your employees by bringing the kiosk to them! The mobile kiosk can be used for up to one week each quarter, depending on availability. Pick up and drop off of the kiosk is required.



## GROUP PORTAL

Only Available to Groups with 300 or Fewer Employees



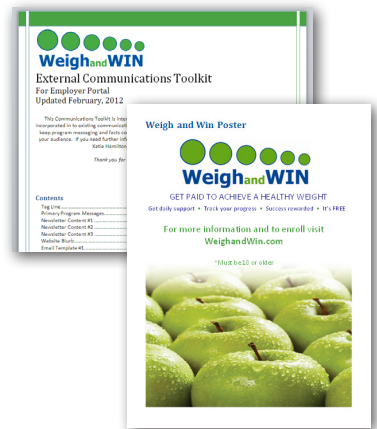
The Group Portal provides access to aggregate reports on employee enrollment and performance in Weigh and Win, including:

- Percentage of overweight/obese staff enrolled
- BMI breakdown of enrolled employees, the percentage of overweight/obese employees enrolled
- Average pounds lost among employees at each quarter

Access to the portal is available to a limited number of qualified organizations. Qualified organizations will have between 10 and 300 total employees. To apply visit [www.WeighandWin.com/groupportal](http://www.WeighandWin.com/groupportal).

## PROMOTION

Promotional tools are available to help make it easy for you to promote Weigh and Win to your employees. Available materials include a communications toolkit (pre-written content that can be adapted and incorporated in to existing communication channels), a poster template, palm cards, and a voicemail recording.



## TEAM CHALLENGES

Employees can create or join teams to compete against each other for cumulative weight loss or program participation. This is a great way to maintain motivation, increase social support and enjoy friendly competition. Individuals from top teams receive prizes and a donation on behalf of the team to a charity of choice. The Leader Board is public, so as an employer, you can easily track the progress of your employees' teams.

Rank	Team Name	Weight Loss Percentage	Visual Leader Board (Legend)
1	SHENANIGANS!!!	3.55	
2	Silent Bombshells	3.14	
3	2	2.66	
4	Weight Loss Wolverines	2.62	
5	Drew's Fitlife Angels <sup>1</sup>	2.13	
6	Health Happens <sup>1</sup>	1.98	