

## 2009 Weight Loss Challenge

### Description

All TeamHealth employees are invited to participate in a six-week weight loss challenge. Participants will confidentially weigh in weekly between May 4 and June 15. Prizes are available to the individual who loses the greatest % of body weight and the location that loses the greatest combined % of weight. A random participant drawing is also being held. The following locations are participating:

- AHP
- Alcoa Billing Center
- Akron Billing Center
- Centerpoint
- D&Y
- FLACS
- HRRG
- MMR
- NEP
- NPSC
- Plantation Billing Center
- Spectrum Healthcare Resources
- TeamHealth East
- TeamHealth Midwest
- TeamHealth Southeast
- TeamHealth West
- Winston Road
- Woodbury Billing Center



### Prizes

1. \$200 Target gift card for the individual who loses greatest % of body weight
2. Four, \$25 Target gift cards (random drawing of participants)
3. Free catered lunch for participating members at the location that loses the greatest combined % of body weight

### Directions

1. Print this document and keep it somewhere that is easily accessible.
2. Weigh in on the same day each week using the same scale.
3. Record your weight weekly on the next page. This is confidential and you will only need to submit the last page of this document.
4. Calculate total weight and % of body weight lost on the next page.
5. Fax the last page of this document to 888.422.0106 by Wednesday, June 17.

## Tracking Sheet

Enter your body weight and BMI for each week in the appropriate section. This page is confidential and does not need to be turned in to the Wellness Program.

Week of May 4      \_\_\_\_\_ pounds      Week of May 25      \_\_\_\_\_ pounds  
 Week of May 11    \_\_\_\_\_ pounds      Week of June 1      \_\_\_\_\_ pounds  
 Week of May 18    \_\_\_\_\_ pounds      Week of June 8      \_\_\_\_\_ pounds

<b>Total pounds lost (difference between May 4 and June 8)</b>		÷	_____
<b>Original body weight (week of May 4)</b>		=	_____
<b>Percentage of body weight lost</b>			_____

## Support

TeamHealth employees have access to the following resources (forms and more detailed information on [teamhealth.com/wellness](http://teamhealth.com/wellness)):

### *UnitedHealthcare Participants*

- **Online Health Coaching** – You may enroll in United’s online health coaching program. The program is customized to you and features an exercise and meal planner/tracker, calories burned calculator, and online tools and messages to reinforce your healthy habits. Log-in to [myuhc.com](http://myuhc.com) (or register if first-time user), click “Health and Wellness,” and “Online Health Coach.” Complete the brief questionnaire and a customized program will be created to fit your needs and goals.
- **NurseLine** – Talk to a nurse directly about nutrition, exercise, or weight loss by calling 800.401.7396.
- **Weight Loss Incentive** – Earn \$25 for each BMI-point reduction you achieve.
- **Health Coaching** – Employees may apply for the Health Coaching program. Participants meet with a health coach to create short-term and long-term goals. Meetings continue biweekly.

### *All Employees*

- **LifeWorks** – Talk to a nurse directly about nutrition or weight loss by calling 800.854.1446.
- **Weight Loss Programs** – TeamHealth Wellness will reimburse \$50 of your enrollment fee and another \$50 for meeting your goal if you join a weight loss program (i.e. Weight Watchers).

# 2009 Weight Loss Challenge

Complete the following and fax to 888.422.0106 by Wednesday, June 17.

<b>Total pounds lost (difference between May 4 and June 8)</b>		_____
	÷	_____
<b>Original body weight (week of May 4)</b>		_____
	=	_____
<b>Percentage of body weight lost</b>		_____

*I certify that all information listed above is correct. I understand that falsification of information is a violation of company policy, which is subject to disciplinary action up to and including termination of employment.*

Print the following:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Employee Number

\_\_\_\_\_  
Email

\_\_\_\_\_  
Location

\_\_\_\_\_  
Signature

**Fax this page to 888.422.0106 by Wednesday, June 17.**