

Kiowa County wins Sign-Up Challenge



by Southeast Health Group

Kiowa County residents won Southeast Health Group's Weigh and Win sign-up challenge, with 1.1% of the county's residents signing up between October and December. The group of 16 will enjoy a BBQ luncheon sponsored by Southeast Health Group.

"We had a great response from all of the six counties," said JC Carrica, Chief Operating Officer of SHG. "A total of 256 people signed up during the challenge, and Kiowa County had the highest number per capita."

Weigh and Win is a free program to Colorado residents over the age of 18. Participants create an online profile and visit their local kiosk periodically to track their progress. Each quarter, participants are eligible to receive cash prizes based on their weight and body mass index (BMI). People who maintain a healthy weight are also eligible for fitness incentives. All participants have access to encouraging



daily text messages and health coaching.

Over 71,000 Coloradoans are enrolled in the program, and participants who have been in the program for a full year have lost an average of 17.7 pounds per person. Southeast Health Group has installed six kiosks across the region at the following locations: Weisbrod Memorial County Hospital in Eads, Southeast Health Group at 100 Kendall in Lamar, Southeast Colorado Hospital

in Springfield, Las Animas Library, Ark Valley AccuMed in Ordway, and Otero Junior College's McDivitt Center in La Junta.

Sign up today at www.weighandwin.com or visit the kiosk in your community to enroll on site.

For more information about the Weigh and Win program, call Southeast Health Group at 1-800-511-5446.