



# Wellness News

## Weigh and WIN!

Residents of Southeast Colorado will soon have a new way to track their progress toward health and wellness. Southeast Health Group has purchased six Weigh and Win kiosks, a free Colorado weight loss program that pays participants to lose weight and achieve a healthy lifestyle. (YES! You read it right! It PAYS you to lose weight!) The kiosks will be located in community locations, starting in the Lamar and Rocky Ford SHG offices, to promote healthy

Friend or the Healthy Holidays challenge that rewards you just for maintaining your weight over the holidays.

The Weigh and Win program, funded by Kaiser Permanente and over seventy partners from around the state, is FREE to all Coloradoans over the age of 18. Participants

will create an online profile and may sign up to receive encouraging daily emails and text messages. They have unlimited access to a Health Coach, and can weigh in quarterly to qualify for cash rewards. An online personal dashboard and quarterly weigh-ins at the Weigh and Win kiosk, help you track your progress. The kiosk takes your weight measurement, BMI and a full-length photo, so you can keep a visual diary of your weight loss.

The cash rewards are based on your body mass index (BMI), which is a measure of body fat based on height and weight that applies to adult men and women. People who start the program with a BMI of 25 or above qualify for cash rewards for losing weight and keeping it off. For example, when you lose 5% of your body weight you'll receive \$15, and for losing 30% of your body weight, you'll receive \$150. Plus,



you continue earning money quarterly for maintaining the weight loss.

In addition to the cash for reducing your BMI, you are also eligible for a monthly drawing. Healthy weight participants are also encouraged to sign up, regardless of BMI. HEALTHpoints are accrued throughout the month for different forms of program participation. Anyone who earns 300 or more HEALTHpoints is then entered into a drawing to win prizes such as Fitbits, bicycles, iPods and more.

**There are several ways to sign up for the program: go to [www.weighandwin.com](http://www.weighandwin.com); visit a kiosk; or text (800) 694-0352 to enroll (Spanish and English available). Stay tuned for more information on the kiosk location near you!**

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eating and active living. “The best way to prevent chronic disease is to maintain a healthy lifestyle, which includes maintaining a healthy weight,” says Kali Mae Mendoza-Werner, PA. “This, along with a healthy diet and daily exercise, are the cornerstones to long term wellness.”

Over 64,000 people across Colorado are enrolled in the program and have lost a total of 203,721 pounds. The average weight lost is 17.7 pounds. Groups often join together for the Team Challenge (offered twice a year), Challenge-a-