

## 2020 Wellness Incentive Options

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### **OPTION 1: Local 1 Biggest Loser Challenge**

To qualify for the incentive, you must weigh-in during the initial and final weigh-in dates. Although the goal is to become the Biggest Loser, you don't need to lose weight to qualify for the incentive or raffle drawings.

Initial weigh-ins must take place **2/23/20-3/13/20** and final weigh-ins from **6/21/20-7/10/20**. Both initial and final weigh-ins must take place either at the February and June Membership meetings, or at the Wellness Center. Although not required, you are encouraged to regularly weigh-in during the course of the challenge at the Wellness Center, or by emailing your weight to **Wellness@fundoneiatse.com**.

Starting 3/20/20, we'll have a **raffle every 2 weeks for valuable health related prizes** provided by AETNA. Your name will be entered in each bi-weekly raffle if you weigh-in at the Wellness Center or by email during the 2 weeks prior to the raffle.

### **OPTION 2: Weight Loss—Flexible Start**

If you have trouble with the timing of the Biggest Loser Challenge, we can also set you up with an individual challenge starting at your convenience. All you need to do to qualify for the Wellness Incentive is to have an initial and final weigh-in at the Wellness Center at least 3 months apart, with 4 interim weigh-ins which can be either in person, or self-reported by email. To sign up for the flexible start weight challenge, send an email to: **Wellness@fundoneiatse.com**

### **OPTION 3: Health Screening Events**

The Friedman Center (Local One's Medical Home) will have several health screening events at membership meetings during the course of the year. Participants in the screenings will be tested for pre-diabetes and high blood pressure. A doctor from the Friedman Center will be on hand to consult with participants whose test results are out of bounds to discuss next steps. We will announce the dates for the screenings by email once finalized.