

Local No. ONE Wellness Center

Eat and Move Better ▶ Work and Live Better



LOCAL ONE “Biggest Loser” Challenge!

The Local One Wellness Center is sponsoring a “Biggest Loser” weight loss challenge. Participants will qualify for the 2018 Wellness Incentive (a \$400 credit against your self-pay premiums) and will be eligible for prizes provided by Aetna.

WHEN: Initial weigh-ins must take place from **2/12/18 to 2/28/18**, and final weigh-ins from **6/18/18 to 6/29/18**.

WHERE: Initial and final weighs-ins must take place either in the Wellness Center or during the February and June Membership meetings.

HOW: If you are interested in participating in the Local One “Biggest Loser” Challenge, please email your **Name** and **Birthdate** to **Wellness@FundOneIATSE.com** and we’ll get you signed up and scheduled for your initial weigh-in.

WHY: Because you’ll feel better, look better, lower your risk of a whole bunch of chronic and catastrophic diseases, qualify for the 2018 Wellness Incentive, and because there are . . .

PRIZES

Starting on 3/01/18, we’ll have a raffle every two-weeks for a **FitBit IONIC (\$299 value!)** provided by Aetna. This is Fitbit’s flagship tracker including GPS, Heart-Rate Monitoring, Onboard Music, and Dynamic Personal Coaching! Your name will be entered to win if you email a weight update, up to once every two-weeks. In all there will be **eight IONICs given away during eight Raffles**.



We’re looking forward to some good and “Healthy” competition . . . so please Email us NOW!

(See the FAQ on the back for more details)

Local One “Biggest Loser” FAQ

What is the Wellness Incentive?

The Wellness Incentive is a \$400 per year (\$100 per quarter) reduction in self-pay premiums which active participants earn by completing certain health-related goals. To continue receiving the incentive starting 1/01/19, you will need to successfully complete one of the 2018 health-related goals. Successful completion of the Local One “Biggest Loser” Challenge is one of several options for qualifying in 2018.

Who is eligible to participate in the “Biggest Loser” Challenge?

Any participant of the Welfare Fund is eligible to participate in the challenges, but only active participants are eligible for the Wellness Incentive. Spouses are encouraged and welcome to join the challenge, but you can still qualify for the Wellness Incentive if your spouse doesn't participate.

If I participate in the “Biggest Loser” Challenge, what do I have to do to qualify for the Wellness Incentive?

To qualify for the Wellness Incentive, all you need to do is have an initial and final weigh-in at the Wellness Center or at the February and June Membership meetings. You don't need to lose weight or even submit the interim weigh-ins that will qualify you for the raffle drawings. If you are underweight and your goal is to add some pounds, that also will qualify you for the Wellness Incentive.

If I don't want to participate in the “Biggest Loser” challenge, what are the other ways I can qualify for the Wellness Incentive?

Details of the other ways to qualify during 2018 will be published in the Welfare Fund Newsletter which will be mailed out next month. We wanted to get started early with the weight loss challenge option since many of us have made healthier living a part of our New Year's resolutions.

How will the winners of the “Biggest Loser” Challenge be determined?

Winner rankings will be determined based the percentage of weight lost. For example, if your initial weight was 220lbs and your end weight was 200lbs, your percentage weight lost is $20 / 220\text{lbs}$ which equals 9.1%. However, to discourage anyone from losing too much weight, no loss which takes you below 18 BMI (Body Mass Index) will be counted. Of course, anyone who makes progress on a weight related goal is going to be a winner!

Are there health restrictions for participation in the challenge?

Participants are encouraged to participate in these challenges safely. As with any weight loss program, there are always risks. To join this challenge, you will need to sign a release that certifies that you have no limiting physical condition, eating disorder or disability that would prohibit you from participating.

If you have any questions about whether this challenge is right for you, please contact our Healthcare Coordinator Mary Kelly at (212)247-5545.

If you have any other questions, please call the Fund Office at (212)247-5225.