

St. Luke's Weight Loss Challenge 2022,23 OFFICIAL RULES & INFORMATION



The St. Luke's Weight Loss Challenge is a program designed to help you achieve a healthy weight and an active lifestyle. We provide the content; you provide the motivation!

By utilizing our built-in coursework, through gamification, and participating in well-being challenges throughout the duration of the six-month program, our goal is for you to lose 1% of your total body weight each month for a total of 6% by the final weigh-in.

Two, six-month options offered throughout the year will be available to choose from, or, participants can re-enroll for the length of a year! Those who meet all requirements (weigh-ins and weight loss) will equally split the \$10,000 prize money at the end of each six-month session.

With your paid registration you receive:

- A chance to earn part of the **\$10,000 PRIZE MONEY**
- Enrollment in online ReFresh Nutrition Course led by a Registered Dietician
- Access to a free health coaching app to stay accountable and connected
- An online toolkit with healthy lifestyle resources, exercises, and nutrition information
- Weekly bite size health tips and recipes
- Challenges via our health coaching app, with prizes for winners!
- Lifestyle Medicine webinar sessions featuring engaging speakers highlighting the dimensions of well-being; physical, social, emotional, occupational/financial, environmental, spiritual, physical, and social
- A chance to win prizes for participating and persevering

Getting Started

STEP ONE:

REGISTER: [St. Luke's Weight Loss Challenge 2022, 2023 Tickets, Wed, Sep 28, 2022 at 12:00 AM | Eventbrite](#)

(Registration opens September 28, 2022)

PAY:

\$50 (September 28-30) – early bird registration, three days only!

\$65 (October 1-23) – general registration

\$30 (October 24 – November 13) – late registration

- *Individuals who wish to join the Challenge after the October 24, 2022 general registration deadline can register, pay, and receive all the benefits of the program but WILL NOT qualify to compete for prize money or perseverance prizes. Participants wishing to join following the November 13, 2022 late registration deadline will be asked to register for the next six-month program that begins on May 1, 2023.*

STEP TWO:

DOWNLOAD THE CARIUM Mobile APP: (If you already have the app, no sweat! You'll be added to the new WLC group)

The Carium app enables participants to receive weekly health tips, weigh-in updates, webinar reminders, challenge invitations and perseverance prize opportunities directly to their phone! It's a great way to stay engaged **AND** win prizes! If you already use and enjoy Carium, no need to reinstall! You will be added to this year's WLC group.

Carium is **FREE** to join for Weight Loss Challenge participants – and it's easy to download. To get started follow the instructions below.

1. Download the app from the Apple or Google Play Store
2. Install and open Carium. Tap "Join Carium" at the bottom and enter code **WLC-F22**
3. Check your email for a message from support@carium.com and click "Verify Email" to confirm your account. If you are a St. Luke's employee, we suggest using your personal email and not your slhs.org email address.
4. If you need further assistance downloading the app, please [watch the Carium app 101 webinar](#)
If you have downloaded and joined Carium but are experiencing issues, please email support@carium.com

STEP THREE:

ATTEND EACH REQUIRED WEIGH-IN - If you miss one of the required weigh-ins you are still in the Challenge and will continue to receive health tips, may attend webinars and programs, but you are no longer qualified to win prize money. (Please dress appropriately—i.e., t-shirt and shorts/capris/sweats; no jeans or heavy garments)

Required Weight Checks

Weigh-in Dates:

- **Initial: October 24-October 28, 2022** – by appointment only for most sites! Site information and scheduling links will be sent to participants in a timely manner prior to weigh-in week
 - If you attended a final weigh-in for the 2021/2022 challenge, we can use it as your initial weight for the 2022/2023 challenge
- **Final: April 24-April 28, 2023** (6% body weight lost by final weigh-in)

NOTE - See location sheet for a weigh in site near you and to access the link and contact information to make an appointment.

STEP FOUR:

Non-St. Luke's employees must complete the W9 form made available to them and submit by April, 14 2022 at 5:00 p.m. to receive prize money!

ELIGIBILITY

This Challenge is not open to entry where prohibited or restricted by law and is not open to employees or immediate family members of employees who are involved in the promotion or administration of this Challenge. All St. Luke's Weight Loss Challenge contestants must be 18 years or older as of November 1, 2022.

The following conditions will disqualify a participant from winning cash prizes:

- A Body Mass Index (BMI) under 18.5 (the Challenge promotes weight loss to a healthy BMI range of 18.5-25.0)
- Pregnancy during the Challenge

PAST PARTICIPANTS and KEEP IT OFF CASH ELIGIBILITY

- Individuals who participated in the 2021/2022 WEIGHT LOSS CHALLENGE who attended each weigh-in and whose final weights were equal to or lower than their starting weight (i.e. maintain don't gain) are eligible to compete for KEEP IT OFF PRIZES in the 2022-2023 WEIGHT LOSS CHALLENGE during the first six month program (November 1, 2022-April 28, 2023) NOT the duration of the year
- Must have **starting weights** (Oct/Nov 2022) equal to (or lower) than their final weights from the WLC in September 2022
- Must attend each required 2022/23 weigh-in; weight CAN be equal to (maintain don't gain) OR lower than starting weight to remain prize money eligible
- Those whose final weights are the SAME or LOWER than their starting weights will win an equal share of the \$10,000 prize money to be split among the other eligible participants
- First time participants of the program who meet the 6% weight-loss goal are then eligible to re-enroll in the program for the next six months and compete as a Keep it Off Cash participant
- Participants may only compete to win prize money in the Weight Loss Challenge for a total of 18 months i.e., once as a first-time participant and then twice as a Keep it Off Cash participant – You may enroll again in the future and will receive all the benefits of participating in the program, minus eligibility to receive cash earnings or perseverance prizes
- Please note, Keep it Off Cash participants who have fulfilled their 18-month window of eligibility can continue to enroll and in lieu of a prize payout, can compete to win their registration payment back

OTHER RULES

- Prizes cannot be won by employees who are on the planning committee of the St. Luke's Weight Loss Challenge program
- Winners for the prize money will be determined by percentage of body weight lost, not number of pounds lost
- Participants are eligible for the Keep It Off cash prize for TWO consecutive six-month programs



- Participants can only win 2 perseverance prizes per each six-month program
- Entries must fulfill all requirements, as specified in these rules, to be eligible to win a prize. Entries that are not complete or do not adhere to the rules or specifications may be disqualified at the sole discretion of St. Luke's Health System, Ltd. By entering, you agree to be fully bound by these rules, and you represent and warrant that you meet the eligibility requirements set forth herein.
- Only one entry is allowed per person

NO REFUNDS

Please read all Challenge rules and requirements prior to registering. **Registrations are NON-REFUNDABLE** and non-transferable to next year's event—NO exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are absolutely NO exceptions.

WINNER SELECTION & NOTIFICATION

Winners will be notified via email to the email address they entered on their registration form with within seven (7) days following the winner identification. St. Luke's Health System, Ltd. shall have no liability for a winner's failure to receive notices due to winners' spam, junk e-mail or other security settings or for winners' provision of incorrect or otherwise non-functioning contact information. If the selected winner cannot be contacted, is ineligible, fails to claim the prize within 15 days from the time award notification was sent, or fails to timely return a completed and executed declaration and releases as required, prize may be forfeited.

PRIZES

The prize is non-transferable. Any and all prize related expenses, including without limitation any and all federal, state, and/or local taxes shall be the sole responsibility of the winner. Acceptance of prize constitutes permission for St. Luke's Health System, Ltd. to use winner's name, likeness, and entry for purposes of advertising and trade without further compensation, unless prohibited by law. The receipt by winner of the prize offered is conditioned upon compliance with any and all federal and state laws and regulations. ANY VIOLATION OF THESE RULES BY ANY WINNER WILL RESULT IN SUCH WINNER'S DISQUALIFICATION AS WINNER OF THE SWEEPSTAKES AND ALL PRIVILEGES AS WINNER WILL BE IMMEDIATELY TERMINATED.

Any valuation of the prize(s) received is based on available information provided to St. Luke's, and the value of any prize awarded may be reported for tax purposes as required by law. Each winner is solely responsible for reporting and paying any and all applicable taxes related to the prize. Notwithstanding the foregoing, any prize received by an employee of St. Luke's, with a value in excess of \$25.00, will be reported to St. Luke's Payroll Department so appropriate taxes can be deducted and reporting can be completed.

What does this mean

- If you are St. Luke's employee, the St. Luke's Weight Loss Challenge will report the value of any prizes awarded to you to the St. Luke's payroll department so appropriate taxes can be deducted on your behalf.
- If you are not a St. Luke's employee, it is your responsibility to report and pay any and all applicable taxes on any prizes awarded to you.

ODDS OF WINNING

The odds of winning depend on the number of eligible entries received and the number of those who meet all the challenge requirements.

RELEASE

Participants are responsible for ensuring they are registering for the St. Luke's Weight Loss Challenge signifies your acceptance of participation and your agreeance to hold harmless St. Luke's Health System, Ltd., and any and all participating corporations and prize providers, subsidiaries, affiliates, advertising and promotion agencies, partners, representatives, agents, successors, assigns, employees, officers and directors from any and all liabilities for injuries, losses, or damages, including death, and property arising in whole or in part, directly or indirectly, out of participation in the challenge, or acceptance, possession, use or misuse of a prize. Prizes cannot be substituted or transferred except at the discretion of St. Luke's Health System, Ltd. WITHOUT LIMITING THE GENERALITY OF THE FOREGOING, SUCH PRIZES ARE PROVIDED "AS IS" WITHOUT WARRANTY OF ANY KIND, EITHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND/OR NON-INFRINGEMENT.

USE OF PERSONAL INFORMATION



By entering this Challenge, you further grant permission for all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. You certify your compliance, on behalf of yourself and your group with your registration into the St. Luke's Weight Loss Challenge.

MEDIA RELEASE

By submitting information, testimonials, photographs, statements, or quotes to the St. Luke's Weight Loss Challenge team, you agree to allow St. Luke's to use photographs, statements, or other limited information about yourself or the participant for the marketing or public relations purposes. By submitting information as described above, you hereby authorize St. Luke's to publish the information described above to, but not limited to, news media, or other recipients of St. Luke's marketing or public relations activities through informational releases; newsletters; mass media materials; internet or intranet (Source) sites; television, radio, social media/networking sites, or public presentations; or similar means. St. Luke's retains the right to edit or prepare derivative works for purposes of promotion, advertising, and public relations, as described above. I release to St. Luke's any right, title and/or interest of any kind that I, or the participant now have or may acquire in the future concerning the submission, image, photograph, video, or other information. I hereby release and hold harmless St. Luke's, its subsidiaries and affiliated entities, and their agents, officers, directors, employees, medical staff members, and affiliated health care providers from any and all liability for actions covered by, taken pursuant to, or in reliance on this authorization, including but not limited to the use or disclosure of information as described above. St. Luke's may continue to rely on this authorization indefinitely.

DISPUTES

Except where prohibited by law, each participant and team agrees that any and all disputes, claims, and causes of action arising out of or connected with the Challenge or any prize awarded shall be resolved individually without resort to any form of litigation.

REPRESENTATIONS

By entering this Challenge, each participant represents and warrants that they have read the rules and are familiar with them, that they are in good health and participation in this Challenge has been approved by their medical provider.

WINNERS LIST

To obtain a copy of the winner's names or a copy of these Rules, mail your request along with a stamped, self-addressed envelope to St. Luke's Weight Loss Challenge SL Plaza, 400 S. Broadway Boise Idaho 83712. Requests must be received no later than April 28, 2023.

RELEASE

By entering and participating in the Challenge, each participant and winner waives any and all claims of liability against St. Luke's, its employees and agents, the Challenge's sponsors and their representative employees and agents, for any personal injury or loss which may occur from the conduct or, or participation in, the Challenge or from the use of any prize.

