

**St. Luke’s**

***Weight Loss Challenge 2020/21***

**OFFICIAL RULES & INFORMATION**

The **St. Luke’s Weight Loss Challenge** is designed to help you achieve a healthy weight and an active lifestyle. The goal is to encourage you to lose 3% of your total body weight within 180 days and 5% of your total body weight by the final weigh-in September 2021. Those who meet all requirements (weigh ins and weight loss) will equally split the **$20,000 prize money!**

**With your paid registration you receive:**

* A chance to earn part of the **$20,000 PRIZE MONEY**
* Access to a free health coaching app to stay accountable and connected
* An online toolkit with meal ideas and shopping lists
* Weekly health tips and recipes
* Quarterly challenges via our health coaching app with prizes!
* Ask the Expert sessions featuring engaging speakers highlighting the dimensions of well-being; physical, social, emotional, occupational/financial, environmental, spiritual, physical, and social
* Monthly prizes for participating and persevering
* Social support and connection

**HOW TO PARTICIPATE**

**STEP ONE:**

**REGISTER**:   <https://slwlc2020.eventbrite.com> (Registration opens September 11, 2020)

PAY: $59 (September 11 - October 24) – early registration

$65 (October 25 - October 30) – general registration

$35 (Oct 31 – September 2021) – late registration

* *Individuals who wish to join the Challenge after the October 30, 2020 deadline can register, pay, and receive all the benefits of the program but WILL NOT qualify to compete for prize money.*

**STEP TWO:**

**DOWNLOAD THE *CARIUM* APP:**

The *Carium* app is the platform participants can receive the weekly health tips, weigh-in updates, webinar reminders, step challenge invitations and perseverance prize opportunities directly to their phone! It’s a great way to stay engaged **AND** win prizes! *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 **SL-WLC**
3. Check your email for a message from [*support@carium.com*](mailto:support@carium.com) and click “Verify Email” to confirm your account
4. If you need further assistance downloading the app, please watch the Carium app 101 webinar below

<https://www.youtube.com/watch?v=tULFHkP-FIU&list=PLVOv0F9dFxH7AznOXvar7-Ni_Vzp2Uu2R&index=14>

1. If you have downloaded and joined *Carium* but are not receiving your E-tips through the app, please email [*weightlosschallenge@slhs.org*](mailto:weightlosschallenge@slhs.org)

**STEP THREE:**

**ATTEND ALL REQUIRED WEIGH-INS** - If you miss one of the required weigh-ins you are still in the Challenge and will continue to receive health tips, attend classes and programs and can win perseverance prizes, but you are no longer qualified to win prize money. (please dress appropriately—i.e., t-shirt and shorts/capris/sweats; no jeans)

**Required Weight Checks**

Weigh-in Dates:

* Initial: October 26-October 30, 2020 *– by appointment only for most sites!* 
  + *If you attended a final weigh-in for the 2019/2020 challenge, we can use it as your initial weight for the 2020/2021 challenge*
* 90-Day: January 11-16, 2021 (GOAL - maintain weight over the holidays; within 2 pounds of initial weigh in OR weight loss of any amount)
* 180-Day: April 12-17, 2021 (3% body weight lost by 180-day weigh-in)
* Final: September 13-17, 2021 (5% body weight lost by final weigh-in)

***NOTE -  See location sheet for a weigh in site near you and to access the link or the phone number to make an appointment.***

**STEP FOUR:**

***Non-St.*** Luke’s employees must complete the emailed W9 and submit by September 17, 2021 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, 2020.

**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**

* Individuals from the 2019/2020 WEIGHT LOSS CHALLENGE who made each required weigh-in and lost a minimum of 5% of their total body weight are eligible to compete for cash prizes.
* Must have **starting weights** (Oct/Nov 2020) at (or lower) than their final weights from the WLC in September 2020
* Must attend all required 2020/21 weigh-ins; weight cannot be more than 2 pounds over starting weight at the January and April weigh-ins; weight CAN be lower than starting weight
* Those whose final weights are the SAME or LOWER than their starting weights will win an equal share of the $20,000 prize money to be split among the other eligible participants

**EARN A FREE ENTRY TO FIT ONE SEPTEMBER 2021**

Make the first three weigh-ins (first weigh-in in October; 90-day in January; and 180-day in April) and lose 3% of your bodyweight by the 180-day weigh-in, you will earn a free entry into the FitOne 5k walk/run in September 2021!

**STAY CONNECTED**

Download the *Carium* app to stay in touch and stay motivated.

**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 of the program are only eligible for the perseverance prize for TWO consecutive years
* 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.

**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.

**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 720 South Park Blvd., Suite 125, Boise Idaho 83712. Requests must be received no later than October 30, 2021.

**RELEASE**

By entering and participating in the Challenge, each participant and winner waiver 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.