

# St. Luke's Weight Loss Challenge 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!*

Achieve lifelong behavior change by prioritizing your physical health and emotional well-being through the digital tools, such as the Carium app and ReFresh Nutrition Program, this program offers. Impact more than just the weight on your scale by preventing and reducing the cost of chronic health conditions- and improve your quality of life by joining the Weight Loss Challenge!

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*. Those who meet all requirements (weigh-ins and weight loss) will equally split the **\$10,000 prize** pool at the end of each six-month session!

The Weight Loss Challenge kicks off twice a year, running for six-month durations. Participants may choose to re-enroll at the end of the 6-month program to participate for the length of a year! You will learn more below about how to register as a Keep it Off Cash participant.

**The Challenge will run May 1 – October 27, 2023, with weigh-ins taking place throughout the week prior; April 24 – 28 and final weigh-ins occurring October 23-27, 2023.** Participants will complete their weigh-ins prior to the launch of content and programming on May 1. More information about weigh-ins and scheduling can be found by selecting the informational documents under the "Special Instructions" section of the website.

More information about re-enrolling, terms of eligibility, and Keep it Off Cash is outlined below.

## With your paid registration you receive:

- A chance to earn part of the **\$10,000 PRIZE MONEY**
- Access to the ReFresh Nutrition Program modules, created by a Registered Dietitian
- Use of Carium, a digital health app to stay accountable and connected
- A digital Toolkit designed with your overall health and well-being in mind
- Weekly bite size health tips and recipes via the Carium app
- Challenges via the Carium app with a chance to win prizes for participating and persevering
- Invitations to join monthly, Lifestyle Medicine webinar sessions featuring engaging speakers highlighting the dimensions of well-being; physical, social, emotional, occupational/financial, environmental, spiritual, physical, and social

## Getting Started

### STEP ONE:

**REGISTER:** [Via eventbrite](#)

**PAY:**

**\$50 (March 1-24, 2023) – early bird registration**

**\$65 (March 25-April 28, 2023) – general registration**

**\$65 +processing fees (April 29-May 5, 2023) – late registration**

- *Individuals who wish to register for the Challenge after the general registration deadline can register, pay, and will receive all the benefits of the program but WILL NOT qualify to compete for prize money or perseverance prizes. Please note, you will also absorb the associated processing fees from Eventbrite. Participants wishing to join following the April 28, 2023, late registration deadline will be asked to register for the next six-month program that begins on November 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-S23**

3. Check your email for a message from [support@carium.com](mailto: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 have downloaded and joined Carium but are experiencing issues, please email [weightlosschallenge@slhs.org](mailto:weightlosschallenge@slhs.org)

### STEP THREE:

**SCHEDULE AND 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 participate, but you are no longer qualified to win prize money. Please note that you will also receive a notification reminder via Carium at the *mid-way point* of the Challenge to provide a digital upload of your weight loss progress (*failure to upload this information will not disqualify you from being awarded prize money*)

#### Required Weight Checks

Weigh-in Dates:

- **April 24-28, 2023** – by appointment only for most sites! Site information, guidelines, and scheduling links will be sent to participants in a timely manner prior to weigh-in week or can be found on our official website
- **October 23-27, 2023** (6% body weight lost by final weigh-in OR "maintain, don't gain" for Keep it Off Cash participants)

*NOTE – Refer to the Weigh-in Site Informational documents to access the schedule, guidelines, and contact information of each site to make an appointment*

#### How are winners determined?

Winners are determined by the percent of body weight lost – NOT the number of pounds lost. Our goal is for you to lose 6% of your total body weight by the final weigh-in.

Here's how you figure it out:

- Take the Number of pounds lost (ex. 12 lbs) -from initial weigh-in
- Divide by the STARTING WEIGHT (ex. 12 lbs divided by 200 = .06)
- Multiply by 100 (ex. .06 x 100 = 6%)
  - \*Weight measurements and goals are captured to and determined by the nearest tenth decimal (ex. 165.79lbs = 165.8lbs)

#### How is prize money distributed?

NEW PARTICIPANTS who lose a minimum of 6% of their total body weight and KEEP IT OFF CASH participants whose final weight is the SAME or LOWER than their starting weight, will win *an equal share of the \$10,000 prize money to be split among the eligible participants.*

### STEP FOUR:

**If you ARE NOT employed by St. Luke's, you must complete the W9 form made available to you and submit by October 13, 2022 at 5:00 p.m. to receive prize money! This is required by our Accounts Payable team to process your prize payout. Thank you in advance!**

#### 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

#### RE-ENROLLMENT and KEEP IT OFF CASH ELIGIBILITY

Did you meet the weight loss goal of 6% and retain eligibility for prize payout at the conclusion of the Challenge or are you a returning Keep it Off Cash participant?

- YES- You will then be designated as a Keep it Off Cash participant and your goal will be to maintain don't gain. Your final weight at the end of the subsequent Challenge must then be EQUAL to or LOWER than your final weight from the previous Challenge. If you are enrolling in KOC, your most recent, qualifying final weight will be used to determine your prize eligibility during the next Challenge
- NO- You will not receive any allocation of prize money and can choose to register for the next available Weight Loss Challenge program. You must attend the initial weigh-in for the new program and the weight



loss goal remains the same (i.e., must lose 6% of your total body weight based on updated measurements) to remain eligible for prize money

- 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 to compete for and receive prize payout for a total of 18 months – i.e. once as a new participant and twice as a Keep It Off cash participant
  - Participants are welcome to re-enroll beyond the limits of this timeline, but will not be eligible for prize payout or perseverance prizes
  - Keep it Off Cash participants who re-enroll beyond this timeline can compete to win the cost of their registration back
- 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*

- It is your responsibility to report and pay any and all applicable taxes on any prizes awarded to you. You will be notified if an awarded prize is valued in excess of \$25.00

## 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.

