

DON'T WAIT for a Healthier Weight

Participate in the Weight-Loss Challenge!



Keep your New Year's resolution to achieve a healthier weight with the February Weight-Loss Challenge!

This month's challenge is designed to help you maintain a healthy weight and lifestyle. There are many benefits to maintaining a healthy weight, such as reduced risk for chronic conditions like heart disease, increased energy, and happier moods!

Completing the challenge also earns you an entry into the quarterly prize drawing for a chance to win a \$100 gift card!

To participate, you must report your weight once per week throughout the challenge, which runs from **Feb. 6 to Mar. 5**. You can record your weight for the current day and up to 10 days prior. Reporting for the challenge will close **Mar. 8**.

While you're participating in the challenge, make sure to check out our featured course for this quarter: Achieving a Healthier Weight. Completing the course and scoring a 70% score or better on the test will earn you an additional entry into the quarterly prize drawing!

Login at www.assethealth.com/cmfcuro using your Samaritan ID to participate.