

# Maintain! DON'T GAIN!

Health Improvement Challenge

Do you need help  
staying on track  
with your weight?

Take the **Maintain, Don't Gain!**  
Health Improvement Challenge.

## Here's how the Health Improvement Challenge works:

- Weigh in on \_\_\_\_\_
- Approximately six weeks later, participants will be "weighed out."
- Maintain your weight or stay within two pounds, and qualify for select raffle prizes!

### Weigh in:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_



For more information, contact:

We're here for you every step of the way.



Independence  
Blue Cross