

Maintain! DON'T GAIN!

Health Improvement Challenge

Time to weigh out!

It's been six weeks since employees participated in the **Maintain, Don't Gain!** Health Improvement Challenge. Now is the time to find out if you were able to maintain your weight or stay within two pounds of your weigh-in weight.



Weigh out:

Date: _____

Time: _____

Location: _____

For more information, contact:

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



**Independence
Blue Cross**