

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

Do you need help staying on track with your weight?

Take the Independence Blue Cross Weight Management 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!

For more details, contact: _____



**Independence
Blue Cross**