



**Option to weigh-in at
local pharmacy...at your
convenience!**

2019 SIMPLY WELL HOLIDAY CHALLENGE MAINTAIN, DON'T GAIN.....AND WIN!

Just weigh in twice....once before and once after the holiday season

Because it's the holidays, the goal is to "maintain" your weight.
Win your entry fee back.....plus more!

How it Works:

- Each participant contributes \$20 to **"The Jar"**
- If you gain weight (more than 2 pounds) or do not complete post-holiday weigh-in session, then you forfeit your entry fee
- If you maintain, you get your entry fee back and win more!
Participants who "maintain" split the forfeited entry fees

Who can participate?

All members of the Crouse family are invited to participate (18 and older). Employee must coordinate sign-up and payment for family members (ex: spouse).

[Click here](#) to register and select payment method (deadline is Nov. 22)

Weigh-in Deadlines:

- Must have pre-holiday weight recorded between Nov. 11 – Nov. 22
- Must have post-holiday weight recorded between Jan. 2 – Jan. 10

Weigh-in Methods:

Method #1: Use a Higi machine at various local pharmacies (i.e. Rite Aid/Walgreens or Wegman's)

Method #2: Weigh-in with Ngoc Pham at Crouse Hospital on 8 Memorial

See reverse side for details on weigh-in methods

***Your weight will be kept confidential and only used for the purpose of
program administration.***

Method #1: Weigh-in at Higi Station...it is SO easy and quick!

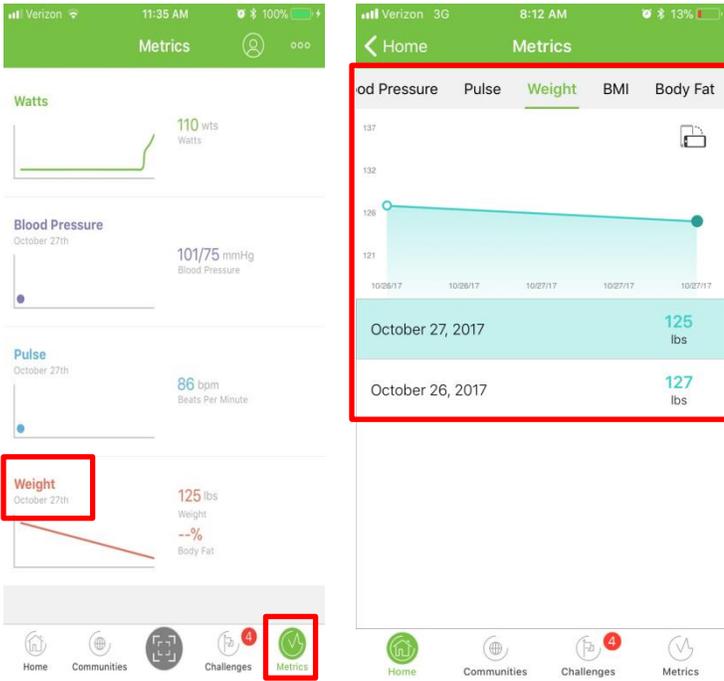
1. [Create a Higi account](#) using the website, phone app, or while you are at Higi station
2. Visit a Higi station anytime between Nov. 11 - Nov. 22 ([click here](#) for locations)
3. When you are at the station, "Login" to your account and complete weight test

Share your results with Ngoc Pham, Crouse Health's Health System Navigator.

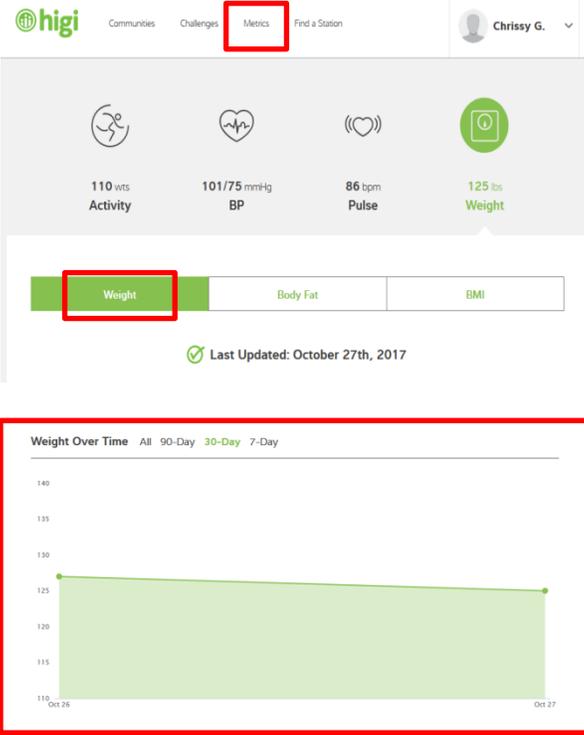
- Pre-holiday weigh-in must be completed and submitted by Nov. 22
- Post-holiday weigh-in must be completed and submitted by Jan. 10

You can send a screenshot of your results via email to simplywell@crouse.org (image must include your weight and weigh-in date). Click here for instructions on taking a screenshot from your [computer \(copy/paste\)](#), from your [iPhone or iPad](#), or from your [Android](#).

To open your results on your phone, click on "Metrics" and "Weight" (this will open a chart of your weight):



Or access on your computer:



Method #2: Weigh-in with Ngoc Pham on Crouse Hospital 8 Memorial

Pre-Holiday Weigh-In	Post-Holiday Weigh-in
Monday, Nov. 11 – 8am – 2pm	Monday, Jan. 6 – 8am – 12pm
Friday, Nov. 15 – 12pm – 4pm	Wednesday, Jan. 8 – 1pm – 4pm
Tuesday, Nov. 19 – 7am – 12pm	Friday, Jan. 10 , 8am – 4pm
Friday, Nov. 22 –1pm – 4pm	