

New Locations for the Slimdown Challenge Instructions

Thank you so much for joining Fort HealthCare with the annual Slimdown Challenge. This is a fun and great opportunity for your group to be invested in your health, develop new Healthy Habits, and have a chance at great prizes!

Setting up a Group for the Challenge

- Let Fort HealthCare know that your location/business/organization is interested in participating, and a location will be set up within the “Wellness Portal” (Where the Challenge is housed) for your group. You can call (920) 568-5475 or email wellness.advisor@forthc.com to let Fort HealthCare know you’re interested in participating. Information will be sent to your group such as flyers, FAQs, participant takeaways and other challenge information.

Setting up weigh-in times

- Because this is a weight-based challenge that loosely focuses on maintenance and losing weight, weigh-in weights are collected before the challenge, and weigh-out weights are collected after. Fort HealthCare can provide a scale for your organization/location, and official weigh-out forms will be given to you as well.
- Your organization/location can decide what is going to be the best days and times to collect weights, and you can designate a person or people to be in charge.
- If your organization/location doesn’t want to do weigh-ins/weigh-outs, the Fort Memorial Hospital and various other community partners will offer locations that can be used.

Creating participant accounts

- All Slimdown participants will need a “Cerner Account” in order to access the challenge which is entirely online. Follow the instructions below to create an account:
1. Visit FortHealthCare.com/Slimdown to pre-register (for **NEW** Challenge participants **ONLY**).
 - Fill in Name, Date of Birth, Location, and Email
 - **If you have a Fort HealthCare MyCompass Account, you MUST use this email on your pre-registration**
 2. Wait for an email from Tiffany Pernet about the next steps in creating your account—it may take 24-48 hours.
 3. Once you receive your email with the “Slimdown Next Steps”:

If you <u>HAVE</u> a Fort HealthCare MyCompass Account	If you <u>do NOT</u> have a Fort HealthCare MyCompass Account:
Visit FortHealthCare.MyCernerWellness.com	Visit FortHealthCare.MyCernerWellness.com
Under “I Already Have An Account” put in the same email address and password that you use for MyCompass	Under “I Need an Account” put in an email address (It does not have to be your Fort HealthCare email)
Follow prompts and create account	Follow Prompts and Create Account

4. Once you have logged into the “Wellness Portal”, click on the blue “Sign up” button under “Challenges” in the middle of your screen.

Important Slimdown Dates

- Registration opens: March 13
- Weigh-ins: March 25-April 8
- Challenge Begins: April 9
- Final sign up for participants: April 15
- Weigh-outs: May 20 & 21
- Challenge Ends: May 21

What to do once challenge begins

During the challenge, participants will need to log in to their Wellness Portal once time per week, and complete the 3 'weekly required tasks' that are part of the challenge. These weekly tasks will be due each Monday evening at 11:59pm, and need to be done on time in order to be eligible for the final prizes. The weekly tasks include:

- Logging your weight (any scale works!)
- Reading the weekly education
- Completing the weekly quiz/survey