



Thank you for participating in Fort HealthCare's 2019 Slimdown Challenge! We hope that you are successful in your quest to lose weight and get healthy over the next six weeks. Competition begins **Tuesday, April 9th**. Now that you have weighed-in, make sure you:

- Visit FortHealthCare.com/Slimdown to pre-register and create 'Cerner Health' account at FortHealthCare.CernerWellness.com (for **NEW Fort HealthCare challenge participants ONLY**).
- Log in to your Cerner account at FortHealthCare.MyCernerWellness.com and officially sign up for the challenge on the Cerner dashboard (new participants, see previous bullet point).
- Familiarize yourself with other areas of the Cerner site where you will find the official rules, grand prizes, standings, relevant health information, blog, tips, tracking mechanisms, and more.
- Check out the standings and comment board features on the dashboard for continuous motivation and engagement. Click 'View Challenge' in the challenge toolbar to access these features.
- Know how to **log your weight, read the education, and take the quiz** each week. These tasks will be visible in the challenge toolbar in the middle of your dashboard.
- Commit to living a healthy lifestyle!

Note: The three required tasks are to log weight, read article, and take quiz and are due Monday nights at 11:59pm. You must complete all required tasks throughout the challenge to be eligible for grand prizes.

Remember that your weight is not the only indicator of good health. You will receive many other health benefits while participating and committing to this program. If you are looking to lose weight in this competition, we encourage that you do so safely by consuming plenty of essential nutrients and consulting your healthcare provider before engaging in exercise. Everyone loses weight differently, so please do not be discouraged and resort to unhealthy weight-loss behaviors. You will receive weekly email reminders to complete your tasks and the dashboard will be continuously updated with motivational articles and messages. **Weigh-out dates will be Monday, May 20th and May 21st. You must weigh out on these days or before by appointment to be eligible for participation and prizes.** Please call 920-568-5475 with any questions or concerns about the challenge. We look forward to seeing how far you've come in May! Good luck!