



74%

experienced weight-loss

Lose to Win is a fun and friendly, highly effective, team-based competition to help employees lose weight.

- Goal of 3% total weight-loss
- 8-12 weeks
- Team-sized scale provided for weigh-ins (subject to availability)
- Weekly health tips for support
- Post-program survey tracks results



- Reduced impact of chronic conditions, such as Type 2 diabetes and high blood pressure
- Cost savings can be expected over time – on average, excess weight accounts for more than \$1,400 in additional health care costs per overweight adult annually*
- 46% experienced an increase in healthier dietary choices
- 72% of participants completed the program
- 79% of participants satisfied or very satisfied with the program

bsneny.com/partnerinhealth

* cdc.gov/obesity/data/adult.html