Ready, set, get healthier!

SWEAT would like to share exciting news from our health care provider, Blue Cross Blue Shield of Michigan. Together, we’re delivering Win by Losing, a wellness challenge that can help you take personal responsibility for your health and reach your weight-loss goals.

Win by Losing is a free, fun, and healthy challenge open to all Michigan Tech employees.

The official competition kicks off February 29, 2016 and will run until April 29, 2016. You’re invited to be part of our team. Are you up to the challenge? It’s a great way to help support — and motivate you to achieve — your health goals throughout the year. But, this is not just a chance for us to lose as many pounds as possible; it’s a competition, too. We’ll compete against other Blue Cross group customers for coveted bragging rights and a team trophy.

Need a little extra motivation? Since Win by Losing launched in 2009, more than 95,000 pounds have been lost by participants. Let’s add to that number by subtracting pounds!

Once the competition begins, we can see how we’re doing against the other companies. The leaderboard updates each week on the competition website and is sorted by the number of participating employees.

Now what do you say? Let’s put our game faces on and get in the game. We’ll feel better mentally, physically, and we’ll show the other companies what we’re all about!

Steps to join

1. Register here beginning February 22nd to be part of Michigan Tech’s team.
2. Recommended: Complete the Health Assessment and receive your Action Plan at bcbsm.com
3. Commit to weighing in and submitting your results once a week by Friday at 5PM during the competition.
4. Use the Win by Losing Toolkit at bcbsm.com/yourhealth for ideas and motivation.

Information is kept confidential.

Contact Shannon Brodeur, sbrodeur@mtu.edu to learn more about Win by Losing.