



Biggest Winner Challenge Outline

Overview: This is a six week County-Wide weight loss challenge designed to improve health, create accountability and provide an opportunity for teambuilding within the departments.

All participants will privately weigh-in at their department/building with a HIPPA certified Medical Screenings Unlimited representative on Monday or Tuesday, July 22 or July 23, during the initial weigh-in. During week three, half-way through the challenge, participants can do a midpoint weigh-in on Monday or Tuesday, August 12 or August 13. Finally on the first two days of the last week of the challenge, final weigh-ins will be on Monday and Tuesday, August 26 or August 27. Initial and final weigh-ins are required to participate in the challenge; the midpoint weigh-in is optional. At the end of the six weeks, one employee from each team (SPCC, ITD, MLK, WASD, OTV, South Dade Government Center, MDPD, MDFR, Aviation, Seaport, PIC and Elections/311) with the highest percentage of weight loss will win a \$250 prize. The employee with the highest percentage of weight loss overall, will win a total of \$500 (\$250 for being the team winner + \$250 for being the biggest winner county-wide = \$500 total).

To help improve weight loss, the County's WellnessWorks program will provide one on-site group goal setting and nutrition education session at each location, with at least 25 employees registered, and/or an electronic nutritional guidebook for weight management and telephonic nutrition session with a health coach. Participants will have the opportunity to access on-site and telephonic coaching services with our WellnessWorks coaches by emailing wellnessworks@miamidade.gov. In addition, one exercise class will be provided at each location.

Registration: The registration window is July 1 - 19. Employees should email their name, employee ID and department to wellnessworks@miamidade.gov to register.

Start date: Monday, July 22

Duration: 6 weeks – Final weigh-ins on August 26 and August 27. Winners will be announced at the Miami-Dade County 5K "Super" Family Fun Day on October 19, 2019.



	Format	Location	Instructor
Week 1 & 2	Goal Setting Presentation/On-site coaching	Department/building	Wellness Coaches
Week 3 & 4	Nutrition Presentation/On-site coaching	Department/building	Wellness Coaches
Week 5 & 6	Zumba or Yoga/On-site coaching	Departments/building	Instructors provided

Weigh-In Rules

- Only 2 pounds will be deducted for shoes and clothes.
- All participants are required to empty their pockets.

Prizes

- Grand prize \$500
- Secondary prizes \$250
- All participants will earn 25 wellness points.

****In the event of a tie, there will be a tie breaker by randomly drawing a name from the individuals that have tied.**

****This program is for County employees covered by the AvMed health plan and is sponsored by the AvMed Wellness Fund. All incentives are subject to payroll taxes.**

*****To be eligible for incentives through the WellnessWorks program, participants must be full-time Miami-Dade County employees covered under the AvMed insurance plans. Employees must be employed at Miami- Dade County for at least sixty days, allowing enough time for insurance coverage to be active.***

*****Must be primary policy holder to participate. Dependents are not eligible for WellnessWorks incentives. Retirees are exempt.***