

- Clearwater -

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BAYSIDE URGENT CARE CENTER

Professional Friendly Staff

HAPPY | **HAPPY**
NEW YEAR | NEW YOU



This is the only time it is good to be the biggest loser!

To kick off the new year the staff at Bayside Urgent Care Center has started our own biggest loser health challenge. This has been so successful for us, we were thinking the other day, we don't want to leave YOU out - OUR PATIENTS.

For just \$120*, anyone can come in and get all of your biometric testing meaning your height, weight, blood pressure, pulse and a general physical exam and an EKG, as well as comprehensive blood work** such as your cholesterol and blood sugar levels. All of this will also include a follow up report on recommendations on improving your health.

This service would usually cost over \$200. We obviously can't give this away at this price forever, but this can be our gift to you until January 31st 2019. To redeem this offer stop in any day of the week and mention this Biggest Loser email or bring in this coupon below.

Now that you have had your physical & recommendations you can now start your weight loss journey.

If you would like to enter the challenge its a \$30 entry fee. You can still do the wellness special and not the biggest loser challenge, but why do that!

If you want to become a healthier you and win some awesome prizes at the same time this challenge is for you!

Below are the rules and prizes for the competition.
Good luck everyone!

To a Healthy and Prosperous 2019!
Richard Wallace MD and the Team at Bayside Urgent Care Center

Biggest Loser Challenge Rules!

- Must be at least 18 years old to enter.
- Wellness Exam must be completed first before entering the challenge.
- First weigh in must be completed between January 2nd - January 31st.
- Weigh ins are monthly after the first weigh in, in addition to vitals (blood pressure and heart rate).
- Minimum weight loss must be 10 pounds or 6% of total body weight loss.

Biggest Loser Challenge Prizes!

- Winners are announced April 7, 2019.
- Winners are based on who lost the most amount of weight or percentage of total body weight loss.
- First Place Winner - \$1000
- Second Place Winner - \$500
- Third Place Winner - \$250
- We are also offering a team competition (min of 4) for an additional chance to win more fun prizes! Prizes will be disclosed later on. Best team

- Last weigh in is March 31st, 2019.
- with a total combined weight loss wins!
- Diet and Exercise Only, diet supplements and diet aid use are forbidden.

New Year New You

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