



# WHO HAS THE HEALTHIEST EMPLOYEES?

## Take the 8-week Indiana County Healthiest Employer Challenge!

Sponsored by the Indiana County Chamber of Commerce

**March 1<sup>st</sup> through April 30<sup>th</sup>**

The **Healthiest Employer** will be awarded based on *average weight or weight loss* of the employer group and *average daily steps* of the employer group. In addition to the Healthiest Employer award, prizes will be awarded for the participant with the *most steps over the 8 week period* and the participant with the *largest percentage of weight lost*.

### How the contest will work:

1. Each participating employee will take the online health survey at [workforcehealth.com](http://workforcehealth.com). Enter Passcode: 2018HE
2. IRMC will be available to collect the initial and final weights for the contest for a charge of \$50 per employer (within Indiana County). Additional charges may apply for multiple locations.
3. Each week, steps will be given to the Chamber office by the employer group by 10 am Monday morning. Each week, a dashboard with the step counts by employer group will be posted in a Indiana County Chamber communication. Please submit step counts to [jmountain@indianacountychamber.com](mailto:jmountain@indianacountychamber.com)

### Official Rules and Calculation of Ranking:

1. Employees must participate in both pre and post weigh-in to be counted in the employer group.
2. All participants must submit individual stepping documentation to IRMC by May 5th. For every 10,000 steps an employee accumulates, 1 point will be awarded.
3. At the final weigh-in, the participants BMI will be calculated.  
A BMI of 17.9 or less = 0 points due to being considered underweight  
A BMI of 18 to 25 = 50 points  
A BMI of >25 with a 4% or greater weight loss = 50 Points  
A BMI of >25 with less than 4% loss = 0 points
4. Each participant's points will be totaled (both BMI and steps). All of the participant totals in an employer group will be added together and divided by the total number of participants.
5. The employer with the highest number of points will be awarded the title of Healthiest Employer in Indiana County. A poster of the rankings will be displayed at the award reception.

*\*The national CDC considers a healthy adult BMI to be 18-25*

*\*\* A participant can earn a maximum of 50 points for their BMI.*

**During the 8 week challenge, IRMC will offer one (1) lunch and learn seminar to any participating Employer Group (a \$200 value).**

For more information or to register your business, please call the Indiana County Chamber of Commerce at 724.465.2511 or email: [jstruzzi@indianacountychamber.com](mailto:jstruzzi@indianacountychamber.com).

