



Contest details

Join us for Win by Losing.

Encourage your employees to join your team to strive for bragging rights, a team trophy and, of course, a healthier lifestyle — mentally and physically. More than 204,000 pounds have been lost since the first round of competition in 2009. You and your employees can keep the momentum going by adding the pounds they shed to the current total.

Important dates

The following are the important dates for the spring 2023 Win by Losing contest:

- Feb. 27 - registration opens
- March 5 - registration closes
- March 6 - contest begins
- April 10 - contest ends

Take advantage of Win by Losing resources

Resources are available on the Win by Losing website to help your team on their weight-loss journey. Click [here](#) to access the homepage. A few resources available on the website include:

- Nutrition tips
- Healthy recipes provided by a registered dietitian
- Meditations tailored for weight loss
- The contest logo, a banner and a participant certificate are available for download.

Drop 5 Virtual Weight-Loss Community

For additional support, your employees can join the Drop 5 Virtual Weight-Loss Community, which is part of Blue Cross Virtual Well-Being webinars. Drop 5 is a free, weekly program for people who are working to lose weight. Participants receive a weekly weight-loss tip and chat with a person who provides encouragement and motivation. You and your employees can register for the webinars at bluecrossvirtualwellbeing.com. All webinars are also available on demand in the *Past Webinars* tab on the same page.

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