



## Contest details

### Join us for the Spring round of 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 221,000 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 2025 Win by Losing competition:

- March 3 — Registration opens for team captains to register their teams online.
- March 16 — Registration ends.
- March 17 – May 16 — Contest runs.
- May 20 — Final weight loss is locked to determine winners.

## 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 at [bcbsm.com/yourhealth](https://bcbsm.com/yourhealth).

A few resources available on the website include:

- Meditations tailored for weight loss
- On-demand videos by health coaches and registered dietitians
- Healthy recipes provided by a registered dietitian
- Virtual Well-Being challenges you can do with your team

The contest logo, a banner and a participant certificate are available for download.