



B.E.S.T.

BE WELL • EAT BETTER • STAY ACTIVE • TAKE TIME

Join the **CareHere B.E.S.T. Weight Management Program.**
Win **REWARDS** for becoming a healthier you in **2016!**

Pasco Schools and **CareHere** have partnered to offer an 8-week Weight Loss Challenge for School District employees covered under the Health Plan.

Challenge will run from **June 6th** to **July 29th.**

B.E.S.T. Challenge

begins **June 6th!**

Each **Monday** you will be sent a presentation and materials via email with information on successful weight loss strategies!

Join us!

Program Details:

- You will be sent presentations and materials on various topics.
- All participants are required to weigh in the week of **June 6th** at at one of the five CareHere Health & Wellness Centers located around the county.
- Final weigh-ins will need to be completed by end of the day **July 29th.**

Prizes: *Based on Participation and % of Weight Loss*

- **Prize** given out for top loser (**based on % weight loss**)
- **Participate** in 6 out of 8 weeks, and you must have an initial and final weight completed at the Health & Wellness Center

Deadline to register is Friday, June 3rd:

- Go to **www.CareHere.com** and log in with your **Username** and **Password**.
- Click on **Appointments-SS**
- Click on **More Selections**
When: Enter the **Begin** and **End Date** of the class
What: Choose **Classroom** (the word "Classroom" might be in gray, however, please click on it)
- Click **Get Appointments**. Find the **Class Name** in blue and click on it.
This will take you to the class schedule where you can register by clicking on **Make Appointment**
- You may also call 1. 844.422.7343 to register.

Connect with us, and learn more about CareHere!
www.CareHere.com • 877.423.1330 •  

CareHere!