

CHOOSE TO LOSE CHALLENGE



Register for the Choose to Lose Challenge

Join the Choose to Lose Challenge to get fit, lose weight and feel great!

Registration for the challenge will be available from **Feb. 1 to Feb. 14**. You can register individually or as a team by clicking on the Registration tab on the REACH homepage.

Please Note: *You must register for the challenge in order to participate.*

To complete the challenge and earn 25 Healthy Habit Points, you will need to report one weigh-in each week before the challenge ends on **April 11** (eight total weigh-ins). You will have until April 18 to finish reporting your activities.

Keep your eye out for weekly emails with tips and motivation to help you make the most of the challenge. Be sure to explore the wellness portal as well for resources and tools to keep you going.

You can record your activities on your desktop or mobile device. Visit www.RiversideHealthcare.org/REACH and click the Challenge tab to begin recording your activities **Feb. 15!**

Employees can access the challenge by clicking on the REACH icon found on Rivernet or the Employee Self Service Portal from the Riverside network.

Login Instructions for First-Time Users:

Username: first name + last name (johnsmith)

Password: date of birth (mmddyyyy)

You will be asked to change your password after logging in.

Returning Website Users: Sign in using the username and password you've already established.