Winning at Losing Weight Loss Challenge at Wake Employee Health Center
Frequently Asked Questions

What is it?
The Winning at Losing Weight Loss Challenge is a 12-week, weight loss challenge hosted by the Wake Employee Health Center.

How does it work?
Each week, participants will weigh in at their location (WCOB or Falstaff Employee Health Centers, or the Northern and Eastern Regional Centers) and receive helpful information and support on nutrition and weight loss via weekly emails, health coaching appointments, special seminars, and group activities.

Results will be based on percentage of weight loss, not pounds of weight lost. For example, a person weighing 200 pounds who loses 20 pounds will have a 10% weight loss recorded (pounds lost divided by starting weight).

When can I weigh in each week?
Weigh in times will be:
- Tuesdays at Falstaff 8:00am – 8:30am & 12:45pm – 1:15pm
- Wednesdays at WCOB 8:00am – 8:30am & 12:45pm – 1:15pm
- Northern and Eastern Regional Centers – to be determined

If you’re unable to weigh in during the times offered at your Center, no problem! Call the Center at 919-856-5600 and schedule a time that works best for you.

When does it start?
The Challenge kicks off the week of February 16.

Who can participate?
All Wake County employees and retirees under age 65 on the Wake County health plans.

Is there a cost to participate?
No! Additionally, health coaching appointments are also available at no charge to help you set goals and stay on track throughout the Challenge.

Are there any prizes?
Yes! There will be prizes for participation and top “losers” such as gift cards, healthy cooking supplies, fitness items and more.

How do I join?
Register today during the informational session or by calling the Wake Employee Health Center at 919-856-5600.