

# POUND FOR POUND CHALLENGE



## QUESTIONS & ANSWERS

### What is the Go KP Pound for Pound Challenge?

The Go KP Pound for Pound Challenge is an eight-week campaign designed to help you lose or maintain weight, while helping your community. For every pound you lose, Kaiser Permanente will donate a pound of produce to the national food bank network, Feeding America®; if you maintain your weight, five pounds will be contributed. When we lose, we all win!

### How does the program work?

Click on the Pound for Pound Challenge icon in Go KP, then create your weight loss goal\*. It can be any amount, but one to two pounds a week are recommended (five pounds a week is the maximum that counts toward the donation). Starting January 15, each week you'll be prompted to record your weight. If you lose weight, it will go toward the donated produce goal. The last day to log to have it count toward the produce donation is March 18.

### Is there a team competition?

No, there is not a team competition. The Challenge is designed to combine your individual effort with other participants toward a collective goal.

### Is my weight information kept confidential?

- Yes. The Challenge is based on collective weight lost. As your employer, Kaiser Permanente will not be given your individual weight information without your permission. This information is held by Health Enhancement Systems, a third-party vendor.
- As your employer, Kaiser Permanente receives reports on an aggregate and de-identified level only. Your employer will not receive any individually identifiable information about your weight.

### Will my manager be able to see my results? Will my participation in the Challenge affect my employment at KP in any way?

No. As an employer, Kaiser Permanente only receives de-identified aggregate reports. Your individual results are private and confidential. The Challenge is a voluntary wellness program and will not affect your employment at Kaiser Permanente in any way. No employee is required to participate.

\* Consult with your doctor before beginning any weight loss program.

# Questions & Answers continued

## What scale should I use?

You can weigh yourself on whatever scale you choose — at home, work, or the gym — but for accuracy, use the same scale, at the same time each week, with your shoes removed.

## Can I win a prize?

Yes, prizes will be given for participation only; prizes will not be given based on the amount of weight lost. Every week you log your weight (at least one time per week), you will be entered into a random prize drawing for a chance to win. Plus, you'll receive a Pound for Pound Challenge virtual badge and certificate of completion at the end of the program.

March 11 is the last day to log your weight to be eligible for a prize.

## If I don't need to lose weight, can I still participate?

Yes. If you maintain your starting weight, you'll contribute five pounds of produce to the charitable donation... as long as you log progress each week.

## What if I'm on vacation and can't record my weight?

Record your weight before and after you leave. Or track your weight on your mobile device, using the web browser or Go KP mobile app while you're gone.

## How does the charitable produce donation work?

As part of our mission to improve the health of the communities we serve, every dollar Kaiser Permanente donates, Feeding America will provide at least nine pounds of produce for community food banks.

**NOTE:** The monetary equivalent of one pound will be donated, up to \$15,000.

## Can I claim the charitable donation as a tax-deduction?

No, the donation will be made by Kaiser Permanente so you cannot claim it on your personal tax return.

## What else can I do to get involved?

- Use the [Pounds to Produce Scale](#) poster with your colleagues to chart your success. Post the weekly emails with weight management tips and encourage everyone to add their own.
- Volunteer through [KP Cares](#) or organize a group volunteer event.
- Coordinate a food drive or giving campaign to your [local community food bank](#).
- Ask your department to sign up for a healthy [Bring Your Own Salad \(BYOS\) potluck](#) or a [Smoothie Social](#) to kick off the program.
- Lead a daily walk or [Instant Recess®](#) throughout the Challenge.