

Hey Ladies!!

Are you ready to lose that extra weight & keep it off once and for all?!?

MC Health Advantage and The New Well are joining forces to provide you with an amazing opportunity to finally reach your goal weight... and stay there!!!

WHAT'S THE NEW WELL? The New Well is NOT a fad diet or the latest craze in exercise. The New Well delivers truly healthy, lasting weight loss and an overall greater sense of well-being by addressing the four essential pillars of effective, lasting weight loss: **whole food nutrition, one-on-one counseling, effective exercise, and soothing relaxation.**

"I'm healthier NOW in my early 50s' than I was at 21!"

SHARON'S STORY: Sharon Black is living proof that this program works! Before joining The New Well, Sharon – a Missoula County employee – was hardly able to walk a lap around the Courthouse. She was carrying around a lot of extra weight, had undergone hip replacement surgery, and was on numerous medications for diabetes and high blood pressure. Her health was heading downhill fast. Within 3 days of starting The New Well program, Sharon lost 12 pounds and was well on her way to being the healthiest she's been her entire adult life! Just over a year later, Sharon is eating healthy, exercises regularly, **lost a total of 150 pounds** and is working to maintain her goal weight!

HERE'S THE SCOOP:

1. The initiation fee will be *waived* for All Missoula County Health Plan Participants. (\$99.00 value = FREE for YOU!)
2. Once you reach your goal weight, both MC Health Advantage & The New Well will congratulate you with \$50 each! That's \$100 total!
3. When you complete the program, The New Well will congratulate you again with a celebration ceremony and a beautiful one-of-a-kind necklace and pendent.

WHAT YOU NEED TO DO:

First, visit The New Well Center at 1831 S. 3rd Street. Joining this program is a big commitment and should be treated as such. Tour the facilities, meet the staff and really make sure this is something you are ready to commit to. When you're ready, complete the form on the next page and return it to the *MC Health Advantage* box in the County Courthouse mailroom.



This program is open to all female Missoula County Health Plan Participants (employees, spouses, dependents, and retirees) who need to lose 10 pounds or more to reach a healthy goal weight.

**** Men** – MC Health Advantage will be hosting a separate weight loss program for you this fall. More details to come! ******

The New Well will aid participants in setting and reaching their goal weight and will inform MC Health Advantage when participants reach their goal weight.

Please return this form AND your first receipt of payment to the *MC Health Advantage* box located in the County Courthouse mailroom. All reimbursements are subject to approval by *MC Health Advantage* Coordinators.

Name:
Department:
Phone:
Current weight:
Goal weight:
My membership at The New Well will begin on (date):

I certify that the information on this form and all supporting documents are complete, accurate, and unaltered.

Participant Signature _____ Date _____

The New Well Staff Signature _____ Date _____



Please contact Jennifer Elliott with any questions concerning this program or the reimbursement: jennifere@itstartswithme.com or 541-2036.