

Weight Loss Challenge

Frequently Asked Questions

Sign Up

Q: Can I participate if I don't have BCBSMT insurance? Is there a cost associated if I do not have BCBSMT insurance?

A: All Montanans, with or without BCBSMT insurance, are invited to register for our Weight Loss Challenge and it's **FREE for everyone!**

Registration

Q: I participated in the first Weight Loss Challenge, do I need to register again?

A: Go to <https://weightlosschallenge.wellwithbluemt.com> and simply log in with your email address used during the previous challenge and password. Login is located in the top right corner. If you have forgotten your log in information, on the Login page click on "Forgot Login Info" and complete forgot password steps.

Q: How do I register for the Weight Loss Challenge?

A: Registration is a two-step process:

Step 1 – Register online by clicking on the *Register Now* link at www.wellwithbluemt.com

- Enter your first and last name.
- Enter a unique email address (every registered user must have a unique email address in order to access the site).
- Create a password for future login access.

After you submit your registration, you will receive an email validation to activate your new account. The email may be blocked or appear in your spam folder unless you confirm Well with Blue has been added to your safe sender list.

Step 2 – Validate your email to activate your account.

Your email validation will include a direct link to our site that you can click on to complete your registration. If for some reason the link does not work, the email includes instructions to go directly to the site and enter your email address and a system-generated key. Once that information has been entered, your email will be validated and your account will be active.

NOTE: You can access the online registration form directly at <https://weightlosschallenge.wellwithbluemt.com/register/>.

Q: I have not received my validation email. What should I do now?

A: Contact IHM Wellness by submitting an Ask a Question using the link on our home page at www.wellwithbluemt.com and we will send you a validation email, so you can complete your registration.

Q: What does “key” mean?

A: A “key” is a system-generated code that is required to complete your registration. It is sent to you in an email validation. The email validation also includes a direct link to activate your account, but the key is included in case there are issues validating your account.

Q: Why am I getting a message that my email address is already in use when I try to register?

A: For security purposes our system requires all registered users to have a unique email address. This message appears if there is already a registration tied to the email address you entered. If you are trying to register a second person who shares this email address, you will need to complete their registration using a different email account. If they do not have a unique email, a free email account can be created using a site such as gmail.com or yahoo.com.

If you are not registering a second person, verify that the email address entered is in fact the correct email you wish to use. If it is, there may be a possibility that you already registered your account and you may still need to validate your email. Check your in-box for the validation email and complete the steps to activate your account. If you did not register using this email, submit your information to us by using the Ask a Question link found on our home page at www.wellwithbluemt.com and we will research why your email address is already in use.

Q: How do I create a team and invite others to join me?

A: After you have activated your account, log in to set up a team and invite others to join. Create the team on the My Program page. You will be asked to create a name and a Passkey that you can share with others. You can send invitations through the site or verbally give them the Passkey and the Team Name you created. They will need to register in order to join your team.

Login

Q: How do I get a new password, so I can login to the site?

A: There is a *Forgot Login Info* link located on the login screen below the *Login* button that you can use to have a new system generated password emailed to you. Once you login you can change the password by clicking your name in the top right corner of the screen in the *Welcome* section.

Confidentiality

Q: Is my weight and measurement information viewable by anyone other than myself?

A: No personal information such as your weight is viewable by anyone including your team captain or the administrators of the challenge. If you are on a team, your weight loss points are calculated using a percentage of total weight loss. Only you will be able to view your beginning weight and week-to-week updates showing your weight loss.

Team Information

Q: How many people can we have on a team?

A: There is no limit to how many people can join a team.

Q: How can I join a team that is already formed?

A: You must be registered in order to join a team.

If the team captain sent you an email inviting you to join the team and you are already registered, click on the link in the email to accept the invitation. If you are not registered, you will need to do so before the link in the email invitation will work.

If you did not get an email invitation or you cannot find it, ask the team captain for the team name and Passkey in order to proceed. Once you are registered, log in and click on the Results page to view the list of teams.

If you were systematically invited to join the team, you can click on *Respond to Invitation* and follow the steps provided.

If you know the name of the team you wish to join and have the Passkey, click on *Join Team* and follow the directions.

Participation and Online Materials

Q: I don't live in Helena, but would like the materials presented in the Tuesday workshops. Can I still participate?

A: Yes, you can still participate. All of the materials presented in the Tuesday workshops are in addition to what's being offered on the website and will be available online.

Q: If I miss entering my updated weight on Monday, can I enter it later in the week?

A: You can only update your weight on Mondays. If you miss a week, enter your up-to-date weight the next Monday, so your weight loss can be calculated properly.

Nutrition

Q: How do I figure out the daily calorie intake?

In order to know how many calories you need to lose weight, you need to first know what your BMR (Basal Metabolic Rate) is. To calculate your BMR, Click on this link to enter your height, weight, age and sex:

<http://www.bmi-calculator.net/bmr-calculator/metric-bmr-calculator.php>

For example: if you are 5 ft 2 in, 150 lbs, 37 years old and female your BMR calculates to be 1425 (using the BMR calculation link).

Once you know your BMR, you can calculate your Daily Calorie Needs based on your activity level using the Harris Benedict Equation that's really simple, promise! Click here to view the formula:

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>

To continue with our example, your BMR is 1425. If you are sedentary, multiply your BMR (1425) by 1.2 = 1,710. See other examples below for appropriate activity levels:

- If you are sedentary (little or no exercise) : $BMR \times 1.2 = \text{Calorie-Calculation}$
- If you are lightly active (light exercise/sports 1-3 days/week) : $BMR \times 1.375 = \text{Calorie-Calculation}$
- If you are moderately active (moderate exercise/sports 3-5 days/week) : $BMR \times 1.55 = \text{Calorie-Calculation}$
- If you are very active (hard exercise/sports 6-7 days a week) : $BMR \times 1.725 = \text{Calorie-Calculation}$
- If you are extra active (very hard exercise/sports & physical job or 2x training) : $BMR \times 1.9 = \text{Calorie-Calculation}$

Once you know the number of calories needed to maintain your weight, you can now calculate the number of calories you need to eat in order lose (or gain) weight. Click here to view calories needed to lose weight:

<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/calorie-intake-to-lose-weight.php>

In short, there are 3500 calories in a pound of stored body fat. You need to create a calorie deficit through diet and exercise (or a combination of both) to lose 1 lbs of body fat, you must reduce your week by 3500 calories; Yes - 1 lb. equals approximately 3500 calories. If you want to lose 1 lbs a week you would want to decrease your calorie intake by 500 calories a day or increase your exercise to burn 500 calories a day. See more information in the calorie intake link above.