



Getting Started - - For WWW Individual Participation

1. The first step to getting started is to make sure you meet the requirements. If you are planning to join **Win with Wellness (WWW)**, you must have a primary care physician and be at least 18 years of age. If you do not have a primary care physician and would like one, please call the Memorial Medical Center Physician Referral Line at (231) 845-2372.
2. Fill out a WWW Registration Form.
3. **As a WWW participant your responsibilities will include:**
 - a. Submission of a WWW registration form via fax, mail, email or phone. Forms are available on the WWW web site at www.ludingtondailynews.com/wellness. If sending in the mail, please send to Memorial Medical Center, ATTN: Win with Wellness, One Atkinson Drive, Ludington, MI 49431. Forms may be faxed to (231) 845-3607 or emailed to WinWithWellness1@gmail.com. To register via phone, please call (231) 845-2222.
 - b. Once you have submitted a registration form, and it is verified that you have a primary care physician, you will become a WWW member and should attend the next biometric screening event. Twelve hour fasting is required to attend biometric screenings.
 - c. Following the biometric screening event, you will be invited to an educational session where your confidential biometric results will be given to you. If you'd like, you can discuss your results with healthcare professionals, including registered dietitians or registered nurses. Education will also be provided on a wide variety of health topics along with group support to help you improve your overall health.
 - d. Follow up with your primary care physician to review your biometric results and determine an appropriate course of action.
 - e. Work toward improving your results and attend future biometric screening events to determine if you are making progress toward better health. What gets measured usually gets done, so follow this results-based approach to get lasting results for improved health.
4. Enjoy the program and work hard! If you attend at least three out of the four screenings and education sessions, your name will go into a drawing to win \$1,000 in cash! Utilize your team or other program participants for support. You can join the Win with Wellness Facebook page, and check the website (www.ludingtondailynews.com/wellness) regularly for information and updates.
5. Communication from WWW will occur throughout the program.
6. For additional questions, please call Memorial Medical Center's Community Education Line at 231-845-2222.

WWW is as EASY as 1, 2, 3

- 1. Sign up: Turn in your WWW Registration Form**
- 2. Attend the biometric health screening.**
- 3. Work toward your health goals.**

End Result: A healthier you!