



St. Luke's *Weight Loss Challenge*

TREASURE VALLEY, BAKER CITY, FRUITLAND, MCCALL WEIGH-IN SITES

Weigh-In Week Dates:

Aug. 3-7, 2026

Jan. 18-22, 2027

Appointments are scheduled via Acuity, unless otherwise listed, and are available during the posted time frames every 10 minutes. Each participant will be asked to follow the protocols listed below to be eligible for a weigh-in.

- ➔ **PLEASE ARRIVE AT YOUR DESIGNATED APPOINTMENT TIME** – early or late shows will increase the number of people in our waiting area. **Walk-ins will NOT be allowed**, and we ask that you do not arrive in groups to ensure for timely and orderly completion of each weigh-in

- ➔ **PLEASE ADHERE TO ANY POSTED SIGNAGE REGARDING VISITOR GUIDELINES**
Additional information about St. Luke's visitor policies and precautions can be found at the following link: [Visitor Policy, Procedures and Requirements - St. Luke's \(stlukesonline.org\)](#)

- **To minimize the number of people at weigh-ins**, guests and children will be asked to wait outside the facility. Please make the appropriate arrangements
 - If you and your spouse/accountability partner would like to come in to be weighed together, you may schedule ONE appointment for BOTH of you. To do this, please include both of your first names in the "First Name" field when scheduling your appointment. This will allow the Challenge team to see you are arriving and weighing-in together

- **Participants should NOT attend a weigh-in if they are feeling ill** or are experiencing any symptoms. If participants are feeling ill, they need to contact weightlosschallenge@slhs.org to reschedule

- **Please wear comfortable/light clothing** Jeans, shoes/heavy clothing are discouraged. It will be marked on your weigh-in form, and you will be expected to wear similar clothing during your final weigh-in

- **If a participant refuses to follow the protocols, they forfeit their weigh-in – NO EXCEPTIONS**

- Please email us if any conflicts with a weigh-in arise weightlosschallenge@slhs.org ; we can arrange an early weigh-in if necessary due to vacations, etc. –We can only accommodate late weigh-ins due to verified illness and if timely communicated with our team

- **Virtual weigh-ins** are only available on an individual basis and if deemed necessary (ex. Remote employee residing outside of Idaho)

- If you have any questions or concerns, please email us weightlosschallenge@slhs.org

Weigh-in Sites and Timeframes are available on the next page.

Weigh-in Site Locations

- **St. Luke's Plaza #1 – 400 S. Broadway, HR Service Center Suite, First Floor, Boise**

Note: Visitors entering Plaza 1 outside of operating hours (7:30 – 4:00 p.m.) may use the Central Plaza public entrance.

- *Enter the main doors at the top of the stairs. Check in with the security desk - you will be directed to the HR Service Center -First Floor, NW side of the building*
- [CLICK HERE](#) to schedule your appointment

- **St. Luke's Meridian – 520 S. Eagle Road, Occupational Health, Suite 2209, Meridian**

- [CLICK HERE](#) to schedule your appointment

- **St. Luke's Nampa – 9850 W. St. Luke's Drive, Occupational Health, Suite 207, Nampa**

- [CLICK HERE](#) to schedule your appointment

- **St. Luke's Clinic Fruitland – 1210 NW 16th Street, Fruitland, first floor**

- Mon-Fri 9:00 a.m. – 7:00 p.m. (this is the *only* location that allows drop-ins; no appointment needed)
 - [Questions can be emailed to Kaela Cook, \[cookka@slhs.org\]\(mailto:cookka@slhs.org\)](#)

- **Forest Street Center - 100 Forest St., McCall**

- [Contact Jo Garrison, \[jgarrison@slhs.org\]\(mailto:jgarrison@slhs.org\) to schedule](#)

- **St. Luke's Clinic EOMA – 3950 17th St Suite A, Baker City, OR**

- Monday - Friday, 8:00 a.m. – 5:00 p.m. *by appointment only*
- [Contact Mandy Scrivner, \[scrivnam@slhs.org\]\(mailto:scrivnam@slhs.org\) or Lauren Zink, \[zinkl@slhs.org\]\(mailto:zinkl@slhs.org\) to schedule](#)