



St. Luke's *Weight Loss Challenge*

MAGIC VALLEY, ELMORE, WOOD RIVER WEIGH-IN SITES

Weigh-In Week Dates:

Jan. 19-23, 2026

Aug. 3-7, 2026

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

- **Trinity Mountain Medical Center**

465 McKenna Dr, Mountain Home, ID 83647

- To Schedule: Email **Kara Peraino**, perainok@slhs.org

- **St. Luke's Human Resources Office / Employee Well-being**

775 Pole Line Rd. W. Medical Plaza 1, Suite 201 – Twin Falls

- *On the main hospital campus, enter at Medical Plaza 1 (aka, Physician's Tower) and go to the second floor to Suite 201 above Urgent Care*
- **CLICK HERE** to schedule your appointment
 - Please reach out to **our team** at WeightLossChallenge@slhs.org for any accommodations

- **Wood River Medical Center**

100 Hospital Dr. Ketchum, ID 83340

- To Schedule: Email our HR Business Partner, **Allison Grant**, grantall@slhs.org