



Republic of the Philippines
Bangsamoro Autonomous Region in Muslim Mindanao
OFFICE OF THE CHIEF MINISTER

Bangsamoro Government Center, Governor Gutierrez Avenue, Rosary Heights VII, Cotabato City 9600

MEMORANDUM

Order No. 0590 *PK*

Series of 2022

TO : ALL OFFICES, SERVICES, DIVISIONS, SPECIAL PROGRAMS
AND ATTACHED AGENCIES
Office of the Chief Minister
Bangsamoro Autonomous Region in Muslim Mindanao

SUBJECT : BIGGEST LOSER PROGRAM (LOSE BIG, WIN BIGGER!)
SEASON 2

DATE : October 6, 2022 | *Rabi'ul-Awwal 10, 1444 AH*

1. The 1987 Philippine Constitution states in Sector 3, Article II thereof that the State shall protect and promote the right to health of the people and instill health consciousness among them. From the said constitutional mandate spring CSC Memorandum Circular No. 38, s. 1992, CSC Memorandum Circular No. 21, s. 2009, and CSC Memorandum No. 08, s. 2011 which emphasize the significance of encouraging and promoting health and wellness at work.
2. As such, the Administrative Management Service – Human Resource Management Division (AMS-HRMD) of the Office of the Chief Minister (OCM), in partnership with OCM The Clinic, will be launching the **Biggest Loser Program (Lose Big, Win Bigger) Season 2** for all personnel of the OCM and its attached agencies.
3. The **registration period** will run from **October 10-14, 2022**. All interested personnel are encouraged to visit The Clinic from **8:30 AM to 11:00 AM**. Please see the herewith attached document for more information on the rules and mechanics.
4. For queries, please contact Mr. Romil B. Iyog of AMS-HRMD at mobile no. 0949-418-9036.

For information and guidance.

By Authority of the Chief Minister
AHOD B. EBRAHIM

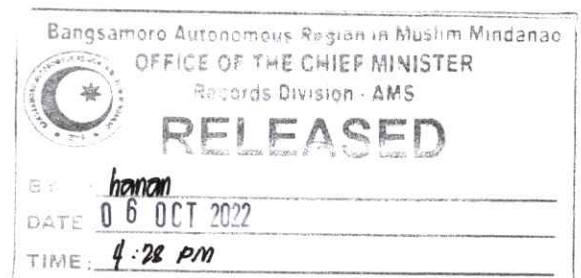
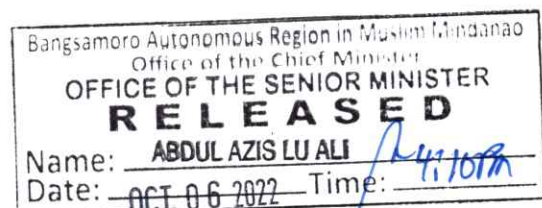
Abdul A. Macacua
ABDUL A. MACACUA
Senior Minister

OCM-BARMM RD-AMS
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By: FATIMA
Date: 06 OCT 2022
Time: 4:24 PM





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OFFICE OF THE CHIEF MINISTER
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Biggest Loser Program (Lose Big, Win Bigger!) Season 2

GUIDELINES AND MECHANICS

A. General Guidelines

1. The program shall officially commence on **10 October 2022** and shall end on the **4th week of December 2022**.
2. The program is open to **all** personnel of the Office of the Chief Minister and its attached agencies who meet the below qualifications:
 - a. 18-55 years old
 - b. With ideal body weight based on the Body Mass Index (BMI), to be determined by the OCM-Clinic
 - c. No pre-existing health condition, with clearance from the OCM-Clinic
 - d. Fully vaccinated
3. The competition consists of two (2) categories: **Male** and **Female**.
4. The OCM-Clinic shall collect the following data of the participants upon registration:
 - a. Name
 - b. Age
 - c. Sex
 - d. Height
 - e. Weight
 - f. Waistline
5. There shall be **one (1)** official weighing scale to be used throughout the weigh-ins. The latter shall be used for initial weigh-in, weekly weigh-in, and final weigh-in.
6. The first weigh-in of the participants during the registration shall be recorded as their **Initial Weight** and shall be the basis for weight loss log.
7. Participants should lose weight every weekly weigh-in.
8. All weigh-ins shall be taken at the **OCM-Clinic** and shall be facilitated by the **Clinic Team** of the OCM-Clinic only.
9. All weigh-ins shall be recorded and countersigned by the OCM-Clinic.
10. The percentage weight loss shall be calculated using the below formula:

$$\text{Percentage Weight Loss} = \frac{\text{Initial Weight} - \text{Final Weight}}{\text{Initial Weight}} \times 100\%$$

Team:

$$\text{Total Team Percentage Weight Loss} = \frac{\text{Sum of Team Actual Weight Loss in Kg}}{\text{Sum of Team Initial Weight}} \times 100\%$$

11. The result of the program shall be based on the **final percentage** of the body weight loss.
12. There shall be **two (2) winners**, one from each category. In case of a tie, the prize shall be divided by the winning participants.

B. Procedures

1. Interested participants should personally register on **10-14 October 2022, 8:30-11:00 a.m.** at the OCM-Clinic.
2. All qualified participants shall undergo **weekly weigh-in** every **Thursday** at **8:30-11:00 a.m.** and **2:00-4:00 p.m.** In case of holiday, weekly weigh-in shall be conducted on Wednesday or the next work day immediately after the missed weigh in.
3. The **final weigh-in** shall be taken on **15 December 2022** at **8:30-11:00 a.m.** and **2:00-4:00 p.m.**
4. Participants should wear casual clothes such as t-shirt and pants, dress, or uniform during the weigh-in. Shoes, jewelry, including any accessories found in the pocket, shall be removed.

C. Prohibitions/Elimination

1. Participants are advised to lose weight safely by healthy eating and proper exercise habits. **Excessive fasting or starving** as a method of losing weight and **excessive exercise** are **strongly discouraged**.
2. **Lactating mothers** are **disqualified** from joining the competition for medical purposes and to ensure sufficient breastmilk.
3. **Pregnancy** during the duration period shall be a ground for **elimination**.
4. Participants who **gain weight** in the weekly weigh-in shall be **warned** at the first instance provided that the gained weight shall not exceed two (2) kilograms. If it exceeds the allowable weight gain, the participant shall be automatically eliminated. If weight gain does not exceed two (2) kilograms, the next weight gain within said threshold shall result to his/ her **elimination**.
5. Participants who shall be **hospitalized** during the duration period should present a **certification** from the attending doctor certifying the concerned participant is fit to continue in the competition, provided that the period of confinement shall not exceed three (3) weeks.
6. **Failure** to appear during the final weigh-in shall mean **forfeiture** of the chance to win in the competition.
7. Participants who **fail** to follow any of the herein guidelines shall result to their **automatic disqualification** in the competition whether intentional or not.

D. Exemptions

1. Below are the causes that may permit the participants to undergo weekly weigh-in before or after the prescribed day:

- a. **Participant tested positive for COVID-19.** Concerned participant should undergo a mandatory five-day quarantine and submit a negative *SWAB test result* to the OCM-Clinic before proceeding with the program.
 - b. **Participant is out on official business.** The participant should submit to the OCM-Clinic a *memo, travel order, certificate of participation, certificate of appearance*, or any other written document which justifies the absence of the latter.
 - c. **Other valid reason/s certified by the program secretariat.** Supporting documents should be submitted by the participant to the program secretariat, approved thereby and to be endorsed to the OCM-Clinic.
2. Weigh-in before or after the prescribed day must be reasonable. Participants should inform the program secretariat of circumstances under the exemptions prior to the weigh-in day.

E. Miscellaneous Provisions

1. Program secretariat shall create a Messenger Group Chat for the participants for medical/health advice, information, announcements, and concerns relevant to the competition.
2. Weight loss journey of the participants through a video presentation shall be prepared by the latter to be submitted to the program secretariat, to be featured during the culmination program.
3. Non-winning participants may receive a consolation prize, subject to availability of fund.
4. Photos for promotional activities may be taken. Thus, participants are advised that this is a pre-requisite to joining the program.