



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

Circular No. 9124
Series of 2023

TO : ALL MINISTRIES, OFFICES, AND AGENCIES
Bangsamoro Autonomous Region in Muslim Mindanao

SUBJECT : BIGGEST LOSER PROGRAM (LOSE BIG, WIN BIGGER!) SEASON 3

DATE : 29 Muharram 1445 AH | 16 August 2023

1. Section 15, Article II of the 1987 Philippine Constitution provides 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. In relation thereto, the Office of the Chief Minister, through the Administrative Management Service-Human Resource Management Division (AMS-HRMD), in partnership with The Clinic, shall launch **Season 3 of the Biggest Loser Program**. Season 3 shall be open to fifty (50) **qualified** personnel from BARMM ministries, offices, and agencies on a first-come, first-served basis.
3. Registration will begin on **04-08 September 2023**. All interested personnel should visit **The Clinic Office, Office of the Chief Minister, OCM Building** from **8:30 am to 11:30 am**. Kindly refer to the herein attached guidelines for further details.
4. For questions and/or other clarifications, please coordinate with Mr. Romil B. Iyog of AMS-HRMD at mobile no. 09494189036.

For information.

By Authority of the Chief Minister
AHOD D. EBRAHIM

ABUNAWAS L. MASLAMAMA
Senior Minister

OCM-BARMM AMS-RD
AAA148513



Bangsamoro Autonomous Region in Muslim Mindanao
Office of the Chief Minister
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GUIDELINES ON BIGGEST LOSER PROGRAM (LOSE BIG, WIN BIGGER) SEASON 3

I. RATIONALE

Section 15 of Article II of the 1987 Philippine Constitution provides that “the state shall protect and promote the right to health of the people and instill health consciousness among them.” Flowing from this constitutional spring, CSC Memorandum Circular No. 38, s. 1992, CSC Memorandum Circular No. 21, s. 2009, and CSC Memorandum Circular No. 08, s. 2011, recognize the need to promote and practice health and wellness in the workplace.

While health research provides different factors for causes of obesity, relative interventions and prevention efforts have helped individuals from developing other health problems triggered by overweight and obesity. Other studies also show that good health and wellness of employees contribute to their productivity in the workplace.

In relation thereto, the Office of the Chief Minister (OCM), through the Administrative Management Service – Human Resource Management Division (AMS-HRMD), in partnership with The Clinic, shall launch the Season 3 of the Biggest Loser Program. This shall include all interested personnel from the different BARMM Ministries, Offices, and Agencies whether in the career or non-career positions.

II. OBJECTIVES

This program shall:

- A. Encourage the personnel to observe and practice health and wellness behavior and lifestyle;
- B. Educate the participants regarding health and wellness and its impact on the workplace; and
- C. Assist the participants to achieve their target weight to lose.

III. GENERAL GUIDELINES

- A. The Biggest Loser Program (BLP) shall be open to all personnel of the BARMM Ministries, Offices, and Agencies who meet the below qualifications:
 1. Eighteen to fifty-five (18-55) years old;
 2. Belong to the Obese Category based on Body Mass Index;

3. Have no existing health conditions caused by any diseases;
 4. Fully vaccinated; and
 5. Employment is permanent or engagement in the case of non-career or Contract of Service Personnel is valid until December 2023.
- B. The BLP shall consist of Male and Female Categories.
- C. There shall be one (1) official weighing scale to be used for all weigh-ins throughout the duration of the program. The activity shall be conducted at the Clinic Office, OCM Building.
- D. All weigh-ins shall be measured and recorded by the Medical Team from The Clinic and shall be countersigned by the concerned personnel or participants.
- E. There shall be three (3) winners, one from each category. In case of a tie, results shall be deliberated upon for fair distribution of the prizes to the top winners.
- F. The winners of the program shall be determined based on the final percentage of the body weight loss of the participants and shall be recognized during the culmination.

IV. SPECIFIC GUIDELINES

- A. Interested personnel should personally register at The Clinic Office, OCM Building.
- B. Personnel should submit a *Consent Form* and a copy of their *Vaccination Card* and *Office ID* during the registration and shall be assessed by the Medical Team for purposes of qualifying in the program.
- C. Weigh-in of the personnel during the registration shall be recorded as Initial Weigh-In.
- D. Qualified participants should attend the consultation, orientation, nutrition counseling, and wellness activities.
- E. Participants should undergo and lose weight every weekly weigh-in. Participants who have missed the weigh-in shall be endorsed by the program secretariat to the medical team to undergo the same, provided that the participants could present a justification for their absence in the activity. Please see sample justification listed under the Exemptions.
- F. Participants should observe healthy eating, proper exercise habits, and never go through drastic weight loss measures.
- G. Participants should wear casual clothes such as t-shirts and pants, dress, or uniform every weigh-in. Shoes, jewelry, including any accessories found in the pocket, shall be removed.

V. PROHIBITIONS AND ELIMINATIONS

- A. Excessive fasting or starving as a method of losing weight and extreme exercise are strongly discouraged.
- B. Lactating mothers are disqualified from joining the competition for medical reasons and to ensure sufficient supply of breast milk.
- C. Pregnancy at any time during the BLP shall be a ground for elimination for reasons aforementioned.

- D. Participants who gain weight in the weekly weigh-in shall be warned at the first instance provided that the gained weight shall not exceed one (1) kilogram. If it exceeds the allowable weight gain, the participants shall be automatically eliminated. The third occurrence for weight gain shall be a ground for elimination.
- E. Participants who shall be hospitalized during the duration period should present a certification from the attending doctor, certifying that the concerned participant is fit to continue in the competition, provided that the period of confinement shall not exceed three (3) weeks.
- F. Participants who have missed three (3) weekly weigh-ins shall be eliminated.
- G. Failure to appear during the final weigh-in shall mean forfeiture of the chance to win in the competition.
- H. Participants who fail to follow any of the herein guidelines shall result in their automatic disqualification in the competition whether intentional or not.

VI. EXEMPTIONS

- A. Participants may be permitted to undergo the weekly weigh-in before or after the prescribed day subject to the below provisions:
 - 1. Participant tested positive for COVID-19
 - 2. Participant on official business
 - 3. Other valid reasons certified by the program secretariat
- B. Participants should inform the program secretariat of circumstances under the exemptions prior to the weigh-in day or the soonest possible opportunity. All justifications must be submitted to the program secretariat for endorsement of the participants to the medical team.

VII. MISCELLANEOUS PROVISIONS

- A. Program secretariat shall create a Messenger Group Chat as a means of disseminating relevant information, announcements, and concerns.
- B. Participants should document their weight-loss journey. Winners of the program shall be requested to submit a three-minute video presentation of their journey to be presented during the culmination.
- C. Non-winning participants may receive a consolation prize, subject to availability of funds.
- D. Photos for promotional activities may be taken. Please be advised that this is a prerequisite to joining the program.

VIII. FORMULA FOR DETERMINING WEIGHT LOSS

The formula for computation shall be as follows:

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

IX. PRIZES

Winners of the program shall be rewarded with the following prizes:

Rank	Monetary Reward	Non-Monetary Reward
First Place	Php 20,000.00	Wellness Items, Certificate of Recognition
Second Place	Php 15,000.00	Wellness Items, Certificate of Recognition
Third Place	Php 10,000.00	Wellness Items, Certificate of Recognition
Fourth Place	Php 5,000.00	Certificate of Recognition
Fifth Place	<i>(Consolation Prize)</i>	Certificate of Recognition

Non-winning participants who successfully reach the final weigh-in shall receive a certificate of participation and a token, subject to the availability of funds.

X. CULMINATION

A culmination program shall be conducted to recognize the winners and award their respective prizes. Should any winning participant be unable to attend due to justifiable circumstances, a representative shall be allowed to receive the prize provided that the latter's name is communicated to the program secretariat ahead of the culmination date. The venue and date for the culmination program shall be announced through issuance of a memorandum.

XI. SECRETARIAT

For weight measurement and health-related concerns, you may reach out to the medical team (The Clinic) through Ms. Amina C. Nakan at 0977-742-5654. For concerns on the guidelines of the program and other-related concerns, please contact the program secretariat (AMS-HRMD) through Mr. Romil B. Iyog at 0949-418-9036.



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Biggest Loser Program (Lose Big, Win Bigger!) Season 3

CONSENT FORM

Ministry/Office/Agency : _____
Participant : _____
Immediate Supervisor : _____

This is to certify that Mr./Ms. _____, _____,
(Name) (Position)
is permitted to join the **Biggest Loser Program Season 3** of the Office of the Chief
Minister. He/She is also allowed to attend the weekly *weigh-ins* every *Wednesday*, and
participate in the one-hour weekly *sports activities* every *Friday*.

Signature of Immediate Supervisor