**What is a Dietbet?**

DietBet is a 4-week online weight loss challenge where players bet money and support each other towards their weight loss goals. The challenge is hosted by NYC-based DietBetter, which has developed a motivational platform that brings people together to lose weight while having fun.

**How does it work?**

DietBet is a game where you've got 4 weeks to lose 4% of your starting weight. To begin, everyone puts money into the pot. After 4 weeks, whoever hits their 4% goal is a winner and splits the pot with the other winners. It’s not winner-take-all (like The Biggest Loser TV show).

Over 100,000 people played in a Dietbet in 2013. 95% of DietBetters lose weight: 5.9 pounds on average over the 4-week game. Winners lose over 9 pounds. Most importantly, everyone has FUN!

**How is everyone’s weight verified?**

**DietBetter uses a photo-based weigh-in process and a team of DietBet Referees who personally review every weigh-in & weigh-out photo. (Don’t worry; no one else will see your weigh-in photos.)**

**Two days before your game begins, you'll be prompted to submit your official weigh-in photos:** one of you on a scale in airport security attire; another of the scale's readout with your weigh-in word. Clear instructions are provided. All you need is access to a scale and a digital camera or smartphone. Your weight is kept private unless you choose to make it public to the other players.

**When does it start?**

The challenge begins on Monday, June 2, 2014

**How much does it cost?**

Every player submits $35 to join the game. If you lose 4% of your starting weight in 4 weeks you’re a winner.

**What do I win if I reach my weight loss goal?**

First you win the satisfaction and sense of accomplishment of having lost weight and kick-started some healthy habits. On top of that you actually get paid to lose weight! The total pot (minus DietBetter’s 25% cut) is split amongst the winners. Your winnings depend on how many other players also reach the 4% weight loss goal. Typically about 40% of players reach their goal so the winners end up doubling their bet.

Winnings are deposited into your DietBet account, which you could apply to another Dietbet or request to cash out via PayPal or check.

**How do I sign up?**

Go to <http://diet.bt/1ohblHy> and sign up to enter. To join the challenge you will need to pay the challenge fee of $35 via credit card or PayPal.

**Who is playing?**

The challenge is being promoted to Everett Medical patients. However it’s open to anyone that wants to join so make sure to tell your friends about it and post it on Facebook. The more people that join the bigger the pot and the more fun and support for all!