

### **Sample Recruitment Notice for Keep It Off:**

Have you lost weight before only to regain it? Keeping weight off can be as challenging as losing it in the first place. The HealthPartners Research Foundation is conducting the Keep It Off Study, funded by the National Institutes of Health, to test new programs for helping adults who have lost weight keep it off over the long-term. We are looking for HealthPartners members between the ages of 19 and 70 who have lost at least 10% of their body weight within the last 12 months—18 pounds, for instance, if you originally weighed 180. If you have recently lost weight and would like to learn more about the Keep It Off study, email [keepitoff@healthpartners.com](mailto:keepitoff@healthpartners.com) or call 952-967-6760.

SAMPLE



## Have you recently lost weight and want to keep it off?

Keeping weight off can be as challenging as losing it in the first place. The HealthPartners Research Foundation is conducting the **Keep It Off** study, funded by the National Institutes of Health, to test new programs for helping adults who have recently lost weight to keep it off over the long-term.

You may be eligible for the study if:

- You are between the ages of 19 and 70
- You have lost at least 10 percent of your body weight within the last 12 months—for example, 18 pounds if you originally weighed 180.

To learn more about **Keep It Off**:

- email [keepitoff@healthpartners.com](mailto:keepitoff@healthpartners.com)
- call 952-967-6760 or
- check out our website at [www.keepitoff-hprf.org](http://www.keepitoff-hprf.org).



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