

MAKE WATER WORK FOR YOU!

Monday, July 29 – Sunday, August 25



JOIN THE WATER WORKS CHALLENGE!

Our bodies are 60% water and staying well-hydrated has endless benefits. To name a few, it helps regulate body temperature, transports nutrients, cushions joints to prevent injury, prevents headaches and helps maintain physical and mental performance. It can also prevent food cravings and keep you more mentally alert at work! This challenge will encourage you stay hydrated, learn the importance of drinking plenty of water, and help you make a daily hydration plan.

WANT TO PARTICIPATE?

Interested in some friendly competition with your coworkers?

- You must drink and log at least six cups (48 oz) of water a day, five days a week, for four weeks.
- Drink and log six cups (48 oz) a day for 20 days to complete the challenge.
- Record your participation at www.myinteractivehealth.com (Action Plan tab).

SIGN UP & JOIN THE FUN!

Register from **Monday, July 22 – Monday, August 5.**

1. Log on to www.myinteractivehealth.com (Action Plan).
2. Scroll to the **My Challenge** section and click **Sign Up**.
3. Click **Join Challenge** to complete the sign-up process.

First time registrants use sponsor code **K6UV3**.

KEY DATES

Challenge start date:
Monday, July 29

Challenge end date:
Sunday, August 25

Last day to sign up for the challenge:
Monday, August 5

Last day to record your participation:
Sunday, August 25

EARN REWARDS

Maximize your wellness program benefits. **Complete the challenge and earn 15 points.**

** Always consult a physician or other qualified health care professional before starting a diet and exercise program.*

Unable to participate in this challenge?

Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other activities, you might qualify for an opportunity to earn points by an alternative course of action (that, if you wish, will be developed with your doctor). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.

