What is the flash challenge?

The Brown Bag Flash Challenge is a nutrition and financial based challenge that encourages participants to pack their lunches and avoid dining out. Complete this challenge and earn 5 points on your Action Plan!

Once you’ve successfully completed this flash challenge, here’s what you need to do to receive points:

1. Log into www.myinteractivehealth.com and click on the Action Plan tab (If you’re not already registered on the website, use sponsor code K6UV3 to create an account).
2. Click on the All Activities button.
3. Click on the Brown Bag Flash Challenge.
4. Describe your favorite meal you brought that week and check the box verifying that you brought lunch every day.
5. Click Update to earn your 5 points.

When do I have to record my participation for the flash challenge by?

Your Brown Bag Flash Challenge participation must be recorded by midnight February 14 to earn 5 points.

Some Tips and Tricks to making a healthier lunch:

Try meal prepping on the weekend or one night a week
Make extra for dinner and bring the leftovers to work
Spice up the typical sandwich with new veggies
Eat away from your desk to ensure you get that break
Treat yourself with a few squares of chocolate

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 means, you might qualify for an opportunity to earn points by different means. 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.