JOIN THE HEALTHY BRAIN CHALLENGE!

Keep that brain healthy! This challenge combines components such as physical activity, consuming brain health promoting foods, social activities, and taking on new skills and information in order to create a well-rounded challenge focused on keeping your cabbage strong.

HOW TO PARTICIPATE

Earn 1,250 points each week (total of 5,000 points during the four-week challenge) by completing the following activities:

- Logging steps - physical activity (5 points for every 1,000 steps logged)
- Eating Healthy (50 points per day)
- Engaging in social activities (50 points per day)
- Completing mental health activities (50 points per day)
- Practicing safety (50 points per week)
- Limiting alcohol consumption (100 points per week)
- Being tobacco-free (100 points per week)

SIGN UP & JOIN THE FUN!

Register from Monday, July 27th – Monday, August 3rd

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, August 3rd |
| Challenge end date:   | Sunday, August 30th |
| Last day to sign up for the challenge: | Monday, August 10th |
| Last day to record your participation: | Sunday, August 30th |

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.