



REACH YOUR PEAK



Two healthy steps you can take daily to boost your energy to help you reach your peak performance: Eat healthy snacks and take time during your day to stretch.

Why? Healthy snacks can add fiber and nutrients to your diet without unwanted calories. They can give you an energy boost during the day and prevent you from overeating at meals. And, taking time to stretch relieves muscle pain and tightness, lessens tension due to stress and improves circulation, balance and flexibility.

HOW IT WORKS

You'll earn 1 point for each healthy step you practice each day. If your total points for the month are 60 or greater, you will earn a \$20 HRA contribution!

EARN 1 POINT FOR EACH TIME YOU:

- ▶ Take a 5-minute stretch break
- ▶ Eat a healthy snack

Max points/day:4

HOW TO TRACK YOUR POINTS

- ▶ Go to mytuftshealthplan.com
- ▶ Start Living a Healthy Lifestyle
- ▶ Progress
- ▶ Challenges

You can use the paper tracking form for convenient daily tracking, but you must enter your activity and points on mytuftshealthplan.com daily or weekly to get credit - you will only get credit for points entered for the prior week (7 days) and will not be able to enter activity for days prior to that.

All points must be recorded online by May 7, 2018.

TRACK YOUR POINTS >>>



If your **TOTAL** challenge points are 60 or greater, you will earn a \$20 HRA contribution!

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POINT TRACKING FORM

DAILY ACTIVITIES	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL	
<p>Earn 1 point each time you:</p> <ul style="list-style-type: none"> ▶ Take a 5-minute stretch break ▶ Eat a healthy snack <p>You can earn up to 4 points a day.</p>	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	<input type="checkbox"/> Stretch Break <input type="checkbox"/> Healthy Snack	_____	
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Important Note: Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all similarly situated employees, regardless of health status. If you think you might be unable to meet a health contingent standard (i.e, a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Furthermore, if you are disabled, we will work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this wellness program. Contact Carol Gustavson, in RCAB Benefits at 617.746.5830, and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

_____ points

Points Total for your TOTAL challenge points.

