



Get your heart healthy! Your heart works hard for you - every second of every day. According to the American Heart Association, someone dies from heart disease, stroke or another cardiovascular disease every 43 seconds in the USA. Start off the new year with focusing on making your heart stronger, healthier and happier in 2018!

## HOW IT WORKS

You'll earn 1 point for each heart healthy habit you practice each day. If your total points for the month are 180 or greater, you will earn a \$20 HRA contribution!

### Focus on these heart-healthy actions in the Have A Heart Challenge:

Earn 1 point each day for:

- ▶ Each ten-minute segment of physical activity (aim for 30 minutes/day)
- ▶ Each serving of fruits/vegetables (try to eat 5 servings a day)
- ▶ Each serving of whole grains

Fruits/vegetables servings: 1 medium piece of fruit or vegetable (apple, pear, tomato, potato); 2 cups of raw leafy vegetables (lettuce, spinach, kale); 8 strawberries; 2 large plums; 2 large stalks of celery; 10 broccoli florets; 12 baby carrots; 1 cup of fresh, frozen, cooked or canned vegetable or fruit

Whole grain servings: 1 slice of bread, 1 cup of ready-to-eat cereal, ½ cup of cooked rice, cooked pasta, or cooked cereal. Examples include: whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Check the ingredient list for the words "whole grain" or "whole wheat."

You can record up to 5 points for each daily action.

## HOW TO TRACK YOUR POINTS

- ▶ Go to [mytuftshealthplan.com](http://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](http://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 March 7, 2018.**

TRACK YOUR POINTS >>>



Employee Challenge



You must enter your activity and points on [mytuftshealthplan.com](http://mytuftshealthplan.com) daily or weekly to get credit - you will only get credit for points entered for the prior week (7 days).

# HAVE A HEART

## POINT TRACKING FORM

### DAILY ACTIVITIES

Earn 1 point each day for:

- ▶ Each ten-minute segment of physical activity
- ▶ Each serving of fruits/vegetables
- ▶ Each serving of whole grains

You can record up to 5 points for each daily action.

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**Weekly Points Total**

**If your TOTAL challenge points are 180 or greater, you will earn a \$20 HRA contribution!**

Points Total for your TOTAL challenge points.

**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 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.



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