

# WATER WORKS



Your body is made up mostly of water. Staying well-hydrated helps regulate body temperature, transport nutrients to where they are needed and cushion your joints to prevent injury. If you do not get all the fluids you need, you could start feeling dizzy, light-headed or get a headache. Even mild dehydration can affect physical and mental performance. Enter the number of glasses of water you drink each day (8 ounces each) and receive 1 point for each glass.

## HOW IT WORKS

The goal of this challenge is to earn 100 points. Each 8 ounce glass of water = 1 point. If your total points for the month are 100 or greater, you will earn a \$20 HRA contribution! Max points per day = 16.

## 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 August 7, 2018.**

**TRACK YOUR POINTS >>>**





If your TOTAL challenge points are 100 or greater, you will earn a \$20 HRA contribution!

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## POINT TRACKING FORM

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL
							_____
							_____
							_____
							_____
							_____

**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 Total  
for your  
TOTAL  
challenge  
points.**

