

WELL AT WORK



Just think about it. You come to work well rested and after having a healthy breakfast. Great start. You walk down the stairs to stretch your legs mid-morning. Then you eat a tasty, healthy lunch you brought in from home. When you feel an energy dip in the afternoon, you and a coworker decide to take a quick walk and get some fresh air. Sounds like a day you'll feel good about, right?

Making healthy changes is about creating new habits, at home and at work. With this challenge you'll learn how you can create new, healthier routines during your workday.

HOW IT WORKS

You'll earn 1 point for each healthy habit you practice each day. If your total points for the month are 100 or greater, you will earn a \$20 HRA contribution!

EARN 1 POINT EACH DAY FOR:

- ▶ Sleeping at least 7 hours
- ▶ Eating a nutritious breakfast
- ▶ Bringing your own healthy lunch vs. ordering takeout
- ▶ Stretching/exercising at least 15 minutes during your work day

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 April 7, 2018.

TRACK YOUR POINTS >>>



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POINT TRACKING FORM

DAILY ACTIVITIES	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTAL	
Earn 1 point each day for: <ul style="list-style-type: none"> ▶ Sleeping at least 7 hours ▶ Eating a nutritious breakfast ▶ Bringing your own healthy lunch vs. ordering takeout ▶ Stretching/exercising at least 15 minutes during your work day 	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	<input type="checkbox"/> Sleeping <input type="checkbox"/> Eating Breakfast <input type="checkbox"/> Healthy Lunch <input type="checkbox"/> Stretch/Exercise	_____	
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<p>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.</p>								_____ points	

Points Total for your TOTAL challenge points.

