



Earn 1 point for each heart healthy habit you practice during your 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.

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.



Track your activity at mytuftshealthplan.com ▶ Start Living a Healthy Lifestyle ▶ Progress ▶ Challenges

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).

