



**Earn 1 point for each day you practice your healthy resolution!**

If your total points for the month are 21 or greater, you will earn a \$20 HRA contribution!

**CHOOSE 1 healthy resolution to focus on during the challenge.**

- + Rethink your drink - choose low calorie/no calorie options
- + Express gratitude - to a friend, colleague or coworker
- + Sleep at least 7 hours
- + Eat a nutritious meal including a fruit/veg, whole grain and lean protein
- + Exercise at least 15 minutes
- + Other healthy habit

COMMIT to put your healthy habit into practice at least 21 days during the month!

**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](http://mytuftshealthplan.com) ▶ Start Living a Healthy Lifestyle ▶ Progress ▶ Challenges

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).

