UPCOMING WELLNESS CHALLENGE

Drink Up! Challenge
Hydration Challenge | July 10 – August 7

HEALTH COACHING

2X
Earn Double Health Coaching Credits Today!

Earn 2x the credits for Health Coaching Appointments completed July 8 – August 2, 2019

REMINDEERS

2019 HealthQuest Program Checklist
Click Here for a list of activities you can earn HQ credits for.

Click Here to See How Many Credits You've Earned
In the top navigation, go to the INCENTIVE SUMMARY tab and click on INCENTIVE SUMMARY. Make sure to scroll down to the bottom of the page to view your earned credits summary.
When you see the joy a 2 or 3-year-old has on the playground swinging from the monkey bars, bouncing on the horse, and climbing to the top of the slide, it's hard to imagine that it may take work and encouragement from parents to keep kids active. In many cases, however, children do become too sedentary, especially as they get a little older. Increasing demands at school and social pressures that make kids uncomfortable are just two of the factors that can make it difficult to keep kids physically active. With the growing body of research suggesting just how important physical activity is for children, this concern has become more important than ever. This workshop will explore the barriers that stand in the way of keeping kids active, and will offer parents tips on how to overcome the challenge.

REGISTER NOW!

---

**Encouraging Kids to be ACTIVE**

Wednesday, July 24, 2019

11:00am

Whether it's paying for summer camp, planning for retirement or just covering the monthly bills, many of us worry about our financial fitness. While none of us can control the economy, there are steps we all can take to boost our financial security. This toolkit can help show how.

GET YOUR COPY HERE

---

Don’t have an hour for a webinar?

Check out the 5-10 minute On-Demand Trainings

*One (1) HealthQuest Credit will be applied upon completion (max 8 EAP credits)*

REGISTER HERE!
If you and your covered spouse are on plans C, Q, N, or J and would like to earn HSA or HRA dollars and HQ credits, don't forget to complete your activities by **November 18, 2019**. Activities posted after this date will only be eligible for HQ credits.

**Employees and covered spouses each have until December 31, 2019** to complete and earn 40 HQ credits to receive their 2020 premium discount of **up to $480**.

In order to be eligible for the full $480 premium discount, each covered participant (employee + spouse or employee + family) must earn 40 HQ credits. HQ credits are available on all medical plans (A, C, Q, N, or J)

---

**HealthQuest Program - 2019 Important Reminders**

<table>
<thead>
<tr>
<th>2020 Contribution</th>
<th>Eligible Participants</th>
<th>Required Points</th>
<th>Completion Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSA or HRA</td>
<td>Employee + Covered Spouse</td>
<td>40 points each covered participant</td>
<td>November 18, 2019</td>
</tr>
<tr>
<td>Enrolled in Plans C, N, J, or Q</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Premium Discount (up to $480)</td>
<td>Employee + Covered Spouse OR Employee + Family</td>
<td>40 points each covered participant</td>
<td>December 31, 2019</td>
</tr>
<tr>
<td>Enrolled in Plans A, C, N, J, or Q</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Questions? Contact your support team at 1.888.275.1205, option 3.

**Ready to complete activities but don't have a HealthQuest account yet?** Click [here](#) to create your account today. Invite your covered spouse to participate and don't forget to share this email with them so they can get started.
Get your workplace on the Path to Wellness

Join the Wellness Champion Network

DO YOU:

• Wish to share your experience as a wellness leader in your workplace?
• Want to make a difference and promote wellness to your co-workers?
• Want to share ideas and experiences with wellness champions at other locations?
• Have a passion for wellness and helping others?

Apply now to join the Wellness Champion Network. Earn one (1) HealthQuest Credit for monthly webinars!

If you have questions, please contact the Wellness Plan Coordinator.

Join us for the open house at the HealthQuest Health Center

Tuesday, July 16, 2019
2pm - 5pm

HealthQuest Monthly Nutrition Tips

Four Steps to Help Plan Your Plate

- Limit Added Sugars: Consuming too much added sugar may increase the risk of weight gain and heart disease.
- Consider Your Fats: Studies have found that replacing saturated fats in your diet with unsaturated fats can help to lower your total cholesterol levels.
- Check Labels for Salt: Always check the Nutrition Facts label to see how much salt, or sodium, your food contains.
- Make a Meal Plan: You're much more likely to stick to your meal plan if you have healthy food that is ready to go.

We meet on the second Thursday of each month at 11:00 am via web and audio conference for about 45 minutes.
ARE YOU GETTING BACK ON THE PATH TO WELLNESS?

OUR HEALTH COACHES ARE HERE TO HELP!

Health Coaching Worth Two (2) HealthQuest Credits Per Visit in July!

SIGN UP TODAY WITH YOUR HEALTH COACH

What Can We Help You With?

Each 30-minute appointment (in-person or by phone) is designed to help you achieve your health goals!

CLICK HERE TO SIGN UP FOR YOUR APPOINTMENT

Coach’s Corner

What Members Are Saying About Health Coaching

“My health coach is always being very positive, showing caring and concern. She gives me hope when I am down and depressed. She listens very well and does not pass judgement”

“Trainer sent me video to help me get started on low impact exercises. I am a visual learning person and by watching the video helps me comprehend and I can follow the video to exercise properly”
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Independence Day</td>
<td>Check out the on-site biometric screening schedule for upcoming dates and locations.</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td><img src="image1.png" alt="Running" /></td>
<td><img src="image2.png" alt="Health Coaching" /></td>
<td><img src="image3.png" alt="The Drink Up Challenge" /></td>
<td>The <strong>Drink Up!</strong> Challenge begins today! Sign up on your <a href="#">wellness portal</a> to participate.</td>
<td><img src="image4.png" alt="Independence Day" /></td>
<td><img src="image5.png" alt="Biometric Screening" /></td>
<td><img src="image6.png" alt="Learn about the health benefits of a plant-based diet" /></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Did you know? The foods you eat can influence your risk of heart disease, type II diabetes, or stroke.</td>
<td><img src="image7.png" alt="Replace foods" /></td>
<td><img src="image8.png" alt="Click here" /> to learn how you can change to a healthier eating style.</td>
<td><img src="image9.png" alt="Choose foods" /></td>
<td><img src="image10.png" alt="Throughout the month" /></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td><img src="image11.png" alt="Replacing" /></td>
<td><img src="image12.png" alt="Addicted" /></td>
<td><img src="image13.png" alt="Everyday" /></td>
<td><img src="image14.png" alt="Everyday" /></td>
<td><img src="image15.png" alt="Everyday" /></td>
<td><img src="image16.png" alt="Everyday" /></td>
<td><img src="image17.png" alt="Everyday" /></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image18.png" alt="Avoid" /></td>
<td><img src="image19.png" alt="Avoid" /></td>
<td><img src="image20.png" alt="Avoid" /></td>
<td><img src="image21.png" alt="Avoid" /></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: NIH.gov