Work Well Monthly Challenge – January 2013: Jump Start your Wellness Goals!

Take advantage of one of the best wellness benefits at UND. Get started or re-activated using the HealthyBlue Program and/or Health Club Credit.

**EASY CHALLENGE:** Complete a SMART Wellness Goal (for at least 1 week this month).
SMART stands for specific, measurable, attainable, realistic, and timely. Here are some examples:
- I am going to add a 10 minute wellness walk into my schedule 3x before my lunch the week of Jan. 14th.
- My co-worker and I are going to have a glass of water before every lunch Monday – Friday to increase our hydration.

One employee will win a Work Well water bottle.

**ADVANCED CHALLENGE:** Get started or re-activate your HealthyBlue account. This is a great way to start the New Year and earn $250. Register at: [https://ndpers.healthybluend.com](https://ndpers.healthybluend.com)
and send a copy of your receipt (available at the end of the health assessment) or a copy of your 2,000 points earned in the point history.

**Two employees will win $50!!! This is an exception from the normal $25 to one employee.... we want to get people activated!**

Complete the below and return to Work Well: Mail Stop 8365 by February 7th, 2013.

1. Name: __________________________________________
2. Email: __________________________________________
3. Which did you do: (You can do both)
   - EASY CHALLENGE: List your SMART Wellness Goal:
     ____________________________________________________________________________________________
   - ADVANCED CHALLENGE: Take your health assessment through HealthyBlue and **ATTACH** a copy of the Health assessment receipt (you can print after taking the health assessment) or a copy of your 2,000 points earned in the point history.