



# MAKE LIVING HEALTHY A DAILY HABIT

Challenge Dates:

## MARCH 25 - MAY 5

Registration Open March 4 - March 29

### ABOUT THE CHALLENGE

Fad diets and exercises don't work because they aren't sustainable. Join this six-week comprehensive wellbeing challenge and learn to build healthy habits that keep you eating, sleeping and moving well each and every day!

### WEEKLY TOPICS

1. How to Set Effective, Realistic Goals
2. Small Changes You Can Make Today
3. Proper Sleep and Your Health
4. Foods to Eat for Better Sleep and More Energy
5. Tips for Long-Term Living Healthy
6. Keep Going: Finding Additional Resources

### HOW TO PARTICIPATE

You will have the opportunity to complete the following activities:

- **Daily Tasks:** Track activity minutes, hours of sleep and water intake. **Record on your portal.**
- **Weekly Task:** Weigh yourself once per week. **Record on your portal.**

*To be eligible to qualify for the participation reward, make sure to record each week of the challenge.*

### PRIZES

- **Early Bird** - The first 1,500 participants to register for the challenge will receive a t-shirt.
- **Participation** - Up to 400 qualifying participants will receive 5,000 credits to spend in the Rewards Mall.
- **Team Captain** - 5,000 credits to spend in the Rewards Mall.

### ELIGIBILITY:

- **Early Bird** - Every participant.
- **Participants** - Only participants who record activity each week.
- **Team Captain** - All team captains with a minimum of four team members (including the captain). Up to 50 captains will be awarded a prize.

**Please note:** to participate, you must be a TRS employee and TRS-ActiveCare Aetna Member.

### HOW TO REGISTER

#### Join the Challenge

Go to [www.trsactivecarelivehealthychallenge.com](http://www.trsactivecarelivehealthychallenge.com)

#### Returning Users

Select **SIGN-IN** in the upper right corner, enter your username and password, and select **Log In**. To join the challenge, start at step 5 of the New User instructions.

#### New User

1. Select **JOIN NOW**.

2. Create your account by entering your name, email address, username and password.
3. You'll receive a confirmation email; select the link to confirm your account information.
4. Log in to your account and complete your profile.
5. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.

**Joining a team:** Locate the team you wish to join and click **JOIN TEAM**.

- You can find any invites you have received under Invitations on the right side of the Find a Team page or in the notifications on your portal dashboard.
- You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.

**Creating a team:** Team captains must set up new teams.

**To set up a team:**

- Click **CREATE A NEW TEAM** and enter your team name.
- Click **Add Members** to invite teammates. Teams can have 2-10 members.
- Only team captains can add or remove team members.

### Challenge & Portal Resources

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep and step tracking