JOIN THE CHILL OUT CHALLENGE!

Stress is an inevitable part of life. How we choose to handle stress, however, can make a world of difference. Being physically active, practicing relaxation techniques including mindfulness can improve your mental outlook and physical health. This challenge will provide you with tips and resources to effectively manage stressors as well as help you to increase your activity – a great stress reliever! Sign up today and start to CHILL OUT!

WANT TO PARTICIPATE?

• The goal is to log at least 100 minutes of physical activity each week of the challenge. You must also complete the Stress Awareness Survey task in your To-Do List in the first and last week of the challenge.

• Record your participation at www.myinteractivehealth.com (My Action Plan tab)

• Register your activity tracker (My Action Plan > References > My Apps & Devices) to record your Cardio exercise or Use the Cardio Log under the Exercise tab or click Log Minutes on the challenge dashboard

SIGN UP AND JOIN IN THE FUN!

Register from Monday, July 25 to Sunday, August 7 by clicking on Sign Up on the challenge banner at www.myinteractivehealth.com (My Action Plan tab). First time registrants use sponsor code K6UV3.

(Turn over to find out how to join a team)

EARN REWARDS

Maximize your wellness program benefits. Complete the challenge and earn 10 points.

KEY DATES

Challenge start date:
Monday, August 1

Challenge end date:
Monday, August 29

Last day to sign up for the challenge:
Sunday, August 7

Last day to record your participation:
Monday, August 29

* Always consult a physician or other qualified health care professional before starting a diet and exercise program.

Sign up at www.myinteractivehealth.com (My Action Plan tab)
The CHILL OUT Challenge

Monday, August 1 – Monday, August 29

CHALLENGE YOURSELF!

Every step taken towards reducing and managing stress helps you and your family be your best. Learning how to effectively managing stress can help reduce the risk of chronic conditions, ease pain, and boost your immune system.

Unable to participate in this challenge?

Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other means, you might qualify for an opportunity to earn points by different means (including means, if you choose, that will include your physician’s recommendations). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.

JOIN A TEAM!

1. Log on to www.myinteractivehealth.com (My Action Plan tab)
2. Click Sign Up Now under the Challenge banner
3. Choose your team from the Select Your Team drop down menu
4. Complete your team selection by clicking Sign Up Now

QUICK TIPS

• Log your minutes of exercise via the Log Minutes link on the challenge banner or the Cardio Log under the Exercise tab.
• Don’t forget to complete the required Stress Awareness Survey task in the first and last week of the challenge. Look for the task in your To-Do List.
• Don’t worry about things you can’t control, such as the weather.
• Solve the little problems. This can help you gain a sense of control.
• Talk with a trusted friend, family member, or counselor.
• Make time in your day for activities you enjoy and that bring you happiness.
• Engage in some kind of physical activity on a daily basis.
• Eat regular, well-balanced meals and get enough sleep.
• Try to manage your time wisely.
• Say no, where you can, to things that would add more stress to your life.

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DePaul University