JOIN THE WATER WORKS CHALLENGE!

Our bodies are 60% water and staying well-hydrated has endless benefits. To name a few, it helps regulate body temperature, transports nutrients, cushions joints to prevent injury, prevents headaches and helps maintain physical and mental performance. It can also prevent food cravings and keep you more mentally alert at work! This challenge will you stay hydrated, learn the importance of drinking plenty of water, and help you make a daily hydration plan.

WANT TO PARTICIPATE?

Interested in some friendly competition with your coworkers?

• The goal is to drink and log at least six cups (48 oz) of water a day, five days a week, for four weeks. That’s six cups (48 oz) a day for 20 days.

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

• Use the Water Tracker on the challenge dashboard by clicking Log Days or use the Food Log under the Nutrition tab to log your cups

SIGN UP AND JOIN IN THE FUN!


EARN REWARDS

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

KEY DATES

Challenge start date: Monday, June 6

Challenge end date: Monday, July 4

Last day to sign up for the challenge: Sunday, June 12

Last day to record your participation: Monday, July 4

Sign up at www.myinteractivehealth.com (My Action Plan tab)
Monday, June 6 – Monday, July 4

CHALLENGE YOURSELF…

To choose water over other beverages! Many people consume beverages that add hundreds of calories every day without any nutritional benefit. Keeping hydrated is difficult to do, given our busy, on-the-go schedule, and abundance of other beverages available. Make it part of your routine to consume water on a regular basis.

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.

SIGN UP NOW!

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 water intake via the Log Days link on the challenge banner or use the Food Log under the Nutrition tab. When using the Food Log, select the Quick List filter and type in “water” or “plain water”.
• Carry a full water bottle with you to meetings, in the car, on the bus and to lunch!
• Add fresh fruit like lemon, berries or a squirt of lime to your water to add flavor.
• Drink a cup of water before a meal; you’ll be surprised how it alters your food intake.
• Drinking water with meals can help us better digest the foods we eat.
• In the hot summer months and after exercise, we need more water. Drink extra during these times!