Monday, January 25 – Monday, February 22

JOIN THE HEALTHY LUNCHBOX CHALLENGE!

What’s in your lunchbox? Choosing healthy, balanced meals helps build a foundation for good nutritional habits. Work toward your personal health goal by incorporating a well-balanced meal into your day! The Healthy Lunchbox Challenge will provide you the resources and tools to get started!

WANT TO PARTICIPATE?

Interested in some friendly competition with your coworkers?

- The goal is to eat a healthy meal and log at least 1 serving of each of the following: fruit, vegetables, whole grain, and lean protein. Eat a balanced meal five days a week, for four weeks; that’s a total of 20 days.
- Record your participation at www.myinteractivehealth.com (My Action Plan tab)
- Use the Food Log under the Nutrition tab or click Log Days to enter the balanced meals you’ve eaten

SIGN UP AND JOIN IN THE FUN!

Register from Monday, January 18 to Sunday, January 31 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, January 25
Challenge end date: Monday, February 22
Last day to sign up for the challenge: Sunday, January 31
Last day to record your participation: Monday, February 22

Sign up at www.myinteractivehealth.com (My Action Plan tab)
CHALLENGE YOURSELF!

Eating balanced meals that contain all of the food groups is a great way to build healthy nutrition habits. Pay attention to portion sizes as well as the types of foods you are eating. Choosing healthy meals will help you and your family maintain or reduce weight, prevent chronic conditions like diabetes and heart disease, and live a healthier life!

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)
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

- Click “Log Days” once the challenge begins to log your meals. Use the calendar function to back-date entries if needed.
- Take advantage of the filters on the Food Log.
- Check your entries by reviewing your daily servings in the “Today’s Servings” box in the lower right navigation of the Food Log and looking for the appropriate food icons. Look for those same icons when selecting food to add.
- Create meals and “Add to Favorites” in the Food Log to easily access them in the future.
- Try to make half your plate fruits and vegetables.
- Look for 100% whole wheat or whole grain on the label.
- Choose lean proteins like fish, chicken, beans, nuts and seeds.