

# Be Well

**Move****Eat****Play**

## Site-Wide BE WELL Health Challenge!

**October 1-31, 2016**

The Site-Wide *BE WELL* Challenge is designed to keep you healthy and happy by helping you manage stress and be proactive with your health.

Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of October. Earn points by participating in any of the activities listed.

If you accrue at least 120 points out of 239 possible points, you will be entered into a drawing for a yoga mat and foam roller!

### BE WELL Featured Presentations

Invite us to present at your safety or staff meeting

1. Cold & Flu Prevention
2. Food Safety
3. Chronic Disease Management
4. Stress Management
5. Low Back Health

### Activities

#### ONE TIME POINTS

Schedule & attend a <a href="#">Health Coaching</a> or <a href="#">Work Conditioning</a> appointment	15 points
Attend <a href="#">WorkFit Train-the-Trainer</a>	10 points
Get your <a href="#">Flu Shot</a>	25 points
Read a BE WELL article posted on our website under News & Information <a href="http://www.hanford.gov/health">www.hanford.gov/health</a>	10 points each (50 points possible)

#### DAILY POINTS

7+ hours of sleep	1 point
Good <a href="#">hand washing</a> all day long	1 point
Being active for 15 minutes	1 point
Drink 64 oz of water daily	1 point
<b>Total possible points</b>	<b>224 points</b>

**HPMC** OCCUPATIONAL  
MEDICAL SERVICES

Occupational Health & Wellness | 376-3939 | [omchew@ri.gov](mailto:omchew@ri.gov)



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**Move**

**Eat**

**Play**

## Site-Wide BE WELL Health Challenge!

October 1-31, 2016

Log into the [WellSuite Health Activity Tracker](#) or use the calendar below to track your healthy habits throughout the month of October!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Return hard copies to Health & Wellness at G3-70 by November 7, 2016 to be entered into the prize drawing!

Total points: \_\_\_\_\_