

Earn your \$200 Wellness Reward when you complete all three of the following activities:



Flu Shot: Did you get a flu shot this season? If you've already received your flu shot and/or submitted documentation to Employee Health Services, TakeCharge or MedWorks, you'll automatically be credited. If you don't have access to one of these locations and want to participate, send your flu documentation to myHealthMatters@umassmemorial.org.

Deadline: April 30, 2015



Health Screening: Onsite screenings are a great way to better understand where your health stands. Screenings will be held from February to April 2015 so keep an eye out in the New Year for details on how to schedule one. Can't attend a screening? You can still complete this activity if you download a physician fax form for your physician to complete. Health screenings completed between Oct 1, 2014 - April 30, 2015 can qualify - simply follow the instructions on the form.

Deadline: April 30, 2015



What's Your Thing?: The best way to get or stay healthy is by participating in your favorite activity! Complete an approved validated challenge of your choice to receive credit for doing your thing. For a list of approved challenges, visit the wellness page on MyHR or submit a request for a challenge that isn't listed to myHealthMatters@umassmemorial.org.

Deadline: April 30, 2015

Here are some of the things you can do:

- Get a Coach in Your Corner
- Take the Mindfulness Based Stress Reduction Course
- Go to a local fitness center or pool
- Brush up on your financial literacy
- Attend workshops hosted by our Centers of Excellence

Want to earn additional rewards? When you participate in myHealth Matters activities throughout the program year, you'll earn points to qualify for raffle items!



Know Myself 1000 points

Raffle Entry for monthly prize drawings

No deadline

Challenge Myself 2000 points

Raffle Entry for 1 of 200 \$50 Amazon gift cards

Deadline - 7/31/15

Extend Myself 3000 points

Raffle Entry for 1 of 100 \$100 Amazon gift cards

Deadline - 11/30/15