



HEALTH **IMPACT** PROGRAM

BENEFIT SERVICES DIVISION

NEW Quarterly HIP Challenges!

➔ Summer Fitness Challenge

Earn 1 point each week you exercise 150 minutes each week!



➔ Budget Your Way to Healthy

Earn 1 point each week you eat healthy on a budget!



➔ Take a Breath

Earn 1 point each week when you take a mindful rest and practice meditation/relaxation 3 days during the week!



➔ Take Up a New Course

Earn 1 point each week you take action in your career journey!



To participate, log-in to your HIP account, www.totalwellbeing.com and accept the NEW Challenges!