

# HEALTH & WELLBEING

# 2020

# KICK-OFF

## CHALLENGE JAN.20 - MARCH 27

It's about you, and we're here to help! Set 2 personal goals, choose 3 measures of success, and check-in with Christine Moats or a StayWell coach. **Earn points** (max 25) and **get rewards** when you complete:

ACTIVITY	DEADLINE	POINTS
Check-In 1	February 12	5
Check-In 2	March 4	5
Check-In 3	March 25	5
Complete All Check-Ins	Program End	5
At least 1 StayWell Health Coaching Call 800-926-5455	Program End	5

## EARN YOUR REWARDS Max reward is \$30 (not cumulative).

Redeem 10 points to be eligible for a prize drawing.

+ Earn a gift card for your total number of points:  
**15 points = \$10**  
**20 points = \$20**  
**25 points = \$30**



**Volvo Group cares about your health & wellbeing and offers Staywell Health For Life programs and resources at work.** As

Hagerstown's site Staywell representative, I invite you to kick-off 2020 with our first annual challenge. I am on-site to support you, and StayWell health coaches are available by phone for quick chats to get you started, recommend resources, and keep you on-track. You can count on us to help you improve your health & wellbeing while offering you incentives and programs to make it fun.

- Christine

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**REGISTER BY FRI. JANUARY 17**

[bit.ly/2020kickoffchallenge](https://bit.ly/2020kickoffchallenge)