



TIME SAVER CHALLENGE

SIGN-UP: 11/6/2017 (Sign-ups end 11/20/2017)

CHALLENGE STARTS: 11/13/2017

CHALLENGE ENDS: 12/10/2017

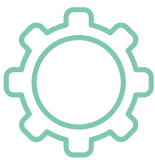


Good For You!

Wellness programs by SCHOOLCARE

It's time to put a leash on lateness.

The SCHOOLCARE **Good For You!** Time Saver Employer Challenge is a four-week individual challenge designed to reduce stress by encouraging better time management habits.



HOW IT WORKS:

Award yourself one challenge point for each day you write down a to-do list to help prioritize your day.

YOUR GOAL:

Reach 20 challenge points to earn the incentive. Daily max challenge points: 1 per day.

(\$40 for employees, \$25 for spouses & retirees)



HOW TO REGISTER:

Starting on November 6, join the challenge by navigating to **Well-being > Activity** tab and clicking on "Let's GO" under the *Time Saver Challenge*. Once you register, you will see a message that says, "The fun begins in XX days!" Then, once the challenge begins, track your progress under the **Well-being > Activity** tab.

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

*Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.