

HEALTH COACHING BONUS CHALLENGE



Good For You!

Wellness programs by SCHOOLCARE

513,369 steps

241,339 calories



214.4 miles

46 hr 0 m sleep

Interested in winning a FitBit Flex? How about meeting your goal to earn all your incentives this plan year? Your Health Coach is a great partner to help you on your path to well-being.

CHECK OUT OUR ADDED BONUS FOR PARTICIPATING IN HEALTH COACHING:

During the month of February through March 15, 2017 you can be entered to win one of **10** FitBit Flex devices and earn your annual incentives to meet your goal! Viverae will provide a report to SCHOOLCARE for all those who participated with a health coach between Feb. 1 and March 15 to enter into the raffle.

HOW TO BE ENTERED TO WIN A FITBIT:

Did you know you have a health coach ready and available to speak with you? This is your opportunity to have a one-on-one conversation with a health professional. Health Coaches at Viverae consider themselves a partner to keep you accountable and provide support on your journey to a healthier lifestyle.

Nutrition

Quality of Life

Physical Activity

If you haven't participated with a Health Coach yet this year:

Choose to speak over the phone or through email*

- *Build a relationship and feel connected with your coach by calling Viverae at 888-848-3723 and choosing option "6" or send a secure message through your **Good For You!** Inbox.*

Already talked to a Health Coach? Don't feel left out, you're still eligible to participate!

Check back in with your Health Coach*

- *Let them know if you have utilized resources they gave you, feedback about your progress or give an update on how your feeling.*

**Please note, inbox messages will be responded to within 1 business day. Telephonic sessions must be scheduled; be sure to call to have your health coaching completed by 3/15/17.*

Want to earn your \$50 annual incentive for your coaching sessions? Complete your Health Assessment (\$75) and Biometrics (\$100) and receive your incentive points.

GET STARTED TODAY! No registration required.

Why we choose to give away FitBits. The FitBit Flex is compatible with the **Good For You!** Program on www.myviverae.com. It can be synced to your account and earn you points while participating in a peer challenge and tracking your progress towards the 250K Step Movement each quarter! It tracks, steps, miles calories and even your sleep!

Questions about the challenge? Email: jcampo@schoolcare.org