



KICK THE CAN CHALLENGE



Kick sodas and sugary drinks to the curb!

Sodas can pack quite the punch. Are you ready to fight back? While eating healthy is important, so is drinking fluids that aren't full of sugar and empty calories. Research shows that drinking just one can of soda a day can lead to increased health risks. So it's time to kick those sodas and sugary drinks to the curb once and for all!



CHALLENGE DATES:

Sign-up: 8/6/2018 – 8/20/2018

Challenge Runs: 8/13/2018 – 9/9/2018 (4 weeks)



HOW IT WORKS:

Award yourself one challenge point for each day you avoid non-sugar-free or sugary beverages.

YOUR GOAL: Log 20 challenge points to the incentive. (\$40 for employees, \$25 for spouses and retirees)**



Register and track your progress on connect.viverae.com or the Viverae® mobile app, **Well-being** > **Activity** tab and click "Let's Do This!".

* 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.

Questions?
Call Viverae at 888-833-5829

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