

HEALTHY EVENT

CERTIFICATE OF COMPLETION

Healthy behavior and lifestyle choices can improve YOUR well-being both physically and mentally.

Mental health is just as integral to your well-being as physical health. Below are four categories with programs / activities to support your total health!

Physical Activity:

- Group Fitness Classes
- Athletic Events / Activities (running, biking, swimming, social sports clubs, etc.)
- One-on-One Personal Training
- Monthly Exercise (minimum of 12 workouts)

Personal / Professional Growth:

- Volunteering in the Community
- Prenatal Classes
- Career Development Activities
- CPR/AED Training

Stress Management:

- Financial Planning Seminars / Meetings
- EAP Seminars (on-site, on-line or telephonic)
- Retirement Planning Seminars / Meetings
- Outdoor Activities (hiking, skiing, camping)
- Mindfulness Activities (meditation, therapy, journaling)

Nutrition / Weight Management:

- Registered Dietitian / Nutrition Consults
- Weight Management Programs / Classes

Description of Healthy Event: _____

Date(s) Attended: _____



CERTIFICATION: *By typing my name below I am verifying that the Healthy Event listed above was completed during the current quarter.*

Participant Name: _____

Date: _____

Employees may submit up to 3 Healthy Events per quarter; Spouses and Retirees can submit 1 Healthy Event per quarter.

Quarter 1 Form must be uploaded by September 30, Quarter 2 by December 31, Quarter 3 by March 31, Quarter 4 by June 30

Instructions for completion:

1. Download and save the Form to your computer. Open the saved PDF and complete the section above (the PDF becomes fillable)
2. Login at connect.viverae.com select **Stay Active** under **Rewards** on the Home page
3. Go to the current Quarter Activities click **Self Report** under a Healthy Event
 - Choose today's date as the date completed, click attach file and select the Form saved to your computer, then click **Save** to earn **25 points**

You can also use the
Viverae mobile app



Questions?

Call Viverae at 888-833-5829