



START SMART CHALLENGE



Get in a healthy breakfast with the Start Smart Challenge.

How many of us eat the most important meal of the day? For some, breakfast has not yet become routine. Eating a nutritious breakfast can give you the energy you need and help maintain or lose weight. Including whole grains, fruit, and lean protein in your morning meal can make you less likely to overeat throughout the day and can even help boost your metabolism.*



CHALLENGE DATES: Sign-up: 11/5/2018 - 11/19/2018

Challenge Runs: 11/12/2018 - 12/9/2018 (4 weeks)



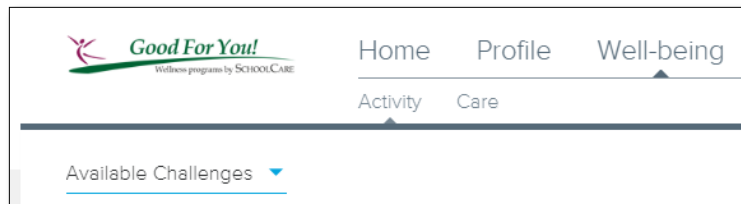
HOW IT WORKS:

Award yourself up to 2 points each day. 1 point for every time you eat breakfast and a 2nd point for each time it includes a healthy item such as whole grains, protein, fruits or vegetables.

Your goal: Log 20 challenge points by the end of the challenge to earn the incentive (\$40 for employees, \$25 for spouses and retirees).



Log on to connect.viverae.com or the mobile app, then navigate to the **Well-being> Activity** tab and click the blue arrow to select **Available Challenges** then "**Let's Do This!**" to register!



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.

* 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.