

# Give a little, help a lot



Did you know the little things you do for others will also help you, too? Helping others has been shown to be good for our mental health and well-being. It can give you a sense of purpose and makes you feel happier and more satisfied about life.

When we give back and help others, we can make a difference at home, at work, and in our communities. Whether you help a neighbor, donate to an organization, volunteer your time, or simply show acts of kindness, it all matters.

By giving back, we help others and ourselves.

## Give back

Join the “Give a little, help a lot” event on **SmartHealth**. The event runs from October 1 through November 30, 2021. You can earn 200 SmartHealth points by participating.

## Don't miss out

You still have time to qualify for the \$125 wellness incentive. Complete your well-being assessment and earn 2,000 SmartHealth points by November 30, 2021. Learn more about **SmartHealth** for details.

## What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.



**Prefer mobile?** Download the Limeade mobile app (**iOS** or **Android**) and enter the code **SmartHealth**.

Smart  Health