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|  | SmartHealth Activity Details for 2017  Use the SmartHealth activity information below to engage your staff. Copy and paste the content wherever you promote wellness (such as email or intranet). The resources offer helpful web links to tips, tools, and videos you can use to help your staff.  **Tip:** To help find an activity quickly, click “CTRL” and “F” to search for the activity name. | |  | |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Eat on the Edge** | | POINTS: | 25 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, shop the grocery store perimeter on at least 1 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | N/A | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar;Healthy Weight;Making & Keeping Commitments;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Ninety percent of the freshest, most nutritious foods are on the perimeter of your grocery store. So shop there at least once a week, filling your cart with fresh fruits and veggies, lean meats, dairy and eggs - which lower your risk of heart disease, cancer, type 2 diabetes and lead to weight loss. | | Long Description (2,000 char limit): | Think about the layout of your favorite grocery store, and you'll see why the perimeter is key. You've got your aisles in the middle filled with mostly highly processed, empty-calorie foods and an outer circle containing produce, meat, fish, dairy and freshly baked breads. So make that your first stop. Load up on fruits and vegetables, lean proteins like chicken and turkey, Omega-3-rich seafood like wild salmon, whole grain bread, eggs, and plain (not sweetened) Greek yogurt. Try to make these the staples of your diet, supplemented with select choices from the center of the store, such as canned beans, spices, and healthy olive and coconut oils.  **Did you know?** 61 percent of the food Americans buy is highly processed.  **Resources:**   * [The Healthy Shopper's Guide to the Grocery Store](http://www.coreperformance.com/knowledge/nutrition/the-healthy-shoppers-guide-to-the-grocery-store.html) (EXOS) * [The 6 Best Foods in the Middle of the Grocery Store](http://health.clevelandclinic.org/2014/08/the-6-best-foods-in-the-middle-of-the-grocery-store/) (Cleveland Clinic) * [Tips on Grocery Shopping](http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/kids-health/eat-better/grocery-shopping.html) (Health and Human Services) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Wellness Coaching - Kaiser** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = D, DHSA, DV | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Coaching | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn 500 points for this activity! You wil receive 300 points upon completion of both your intake and your first coaching call (in some cases, these can be combined into one call), and 200 more points upon completion of your second coaching session. | | Long Description (2,000 char limit): | Thinking about a healthier lifestyle? Get wellness coaching by phone\* for support and motivation. Call your coach to discuss your health and wellness goals, the process for change, and options for next steps.  Your coach will help you focus on healthy habits (such as fitness, healthy eating, stress management, or managing your weight) and outline small, easy steps that you can take to reach your long-term goals.  **Ready to get started?**  Here's how:   1. Go to: <https://agree.kphealthworks.org/>. 2. Complete and submit the online Wellness Program Agreement. Click the "Yes" box on the form to be eligible for your SmartHealth points. (If you check the "No" box, you cannot receive points.) 3. Connect with your coach! Call toll-free 1-866-301-3866, option 2, Monday through Friday, 8 a.m. to 5 p.m. Coaching is available in English or Spanish at no charge for Kaiser Permanente members. No referral is needed.   Note: You are not limited to just two calls. You and your coach will decide how many calls are needed to meet your needs. Additional calls will not earn additional points. Points will be awarded upon receipt of data from your health plan, and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.  \*Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.  Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Just Track It** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, connect your app or device | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Healthy Weight;Heart Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You can’t change what you don’t know, so track how and when you exercise to understand your activity patterns and make better choices. [Connect your device](https://limeade.com/user/settings.aspx?tab=6) for your specific activity, so you can track how much you move. It’ll save you time and your health will thank you. | | Long Description (2,000 char limit): | You’ll find that small things, like taking the stairs instead of the elevator or riding the bus to work (at least a few times per week), will get you extra steps - not to mention reduce your blood pressure, blood sugar and cholesterol levels. And when you establish a regular routine, your body may want to move more. Don’t be surprised...it’s a natural progression! So be prepared to embrace an unplanned walk or morning run - and feel fantastic.  Different [tracking devices](http://www.liveeatplay.colostate.edu/play/physicalactivity/keepgoing/tracking.php#.VsDuKFKkw64) measure different physical activities. For example, pedometers help you track steps and miles, while session trackers help you track miles and minutes. Be sure to properly connect your device based on your activity. (**Note: Fitbits are not compatible with minutes challenges, as they track only steps and miles within our platform**.)  **Did you know?**  Hip trackers seem to be most accurate at tracking steps. For accuracy, calibrate your tracker to the length of your stride. Not sure which tracker to use? There are lots of great options; [check out the 80 apps and devices that integrate with the Limeade platform](http://www.limeade.com/press/limeade-supports-80-wearable-devices-fitness-apps-powers-employee-choice/).  *(Source: American Council of Sports Medicine)*  **Resources:**   * [APP: Map My Run](http://www.mapmyrun.com/) * [APP: Runkeeper](http://runkeeper.com/) * [All About Activity Trackers](https://grokker.com/fitness/tips/all-about-activity-trackers) (Grokker) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Get Moving** | | POINTS: | 25 | | TRACKING DETAILS: | Tracking Weekly, Numeric To complete this challenge, exercise at least 150 minutes each week | | DEVICE-ENABLED: | Yes | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Healthy Weight;Heart Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You don’t have to be a gym enthusiast or marathoner to work physical activity into your day. But aim for at least 150 minutes of physical activity each week for lifelong health. And don’t let that big number intimidate you - all you need is a good pair of shoes, so lace up and get moving! | | Long Description (2,000 char limit): | Make it a goal to move for 30 minutes a day, five days a week. Here’s the thing with exercise: Doing something is better than doing nothing. And while 150 minutes of moderate physical activity a week might sound like a lot, you can work it into your day in small ways. That could be a walk early in the morning, during your lunch break or after dinner.  **(Note: Fitbits are not compatible with this challenge, as they track only steps and miles within our platform.)**  **Exercising daily tips:**   * Take the stairs instead of the elevator * Park farther away from your destination to sneak in extra steps * Ask a coworker to take a walking meeting instead of huddling in a conference room * Trade four wheels for two legs and walk to run your errands * Get busy and mow the lawn, scrub the floors, rake some leaves, tackle some other chores, or just go for a walk. * Pair TV with activity — use hand weights, walk on a treadmill, or do some squats and push-ups. * Try the popular, scientifically proven, full-body 7 Minute Workout   **Did you know?** High-intensity circuit training — like the 7 Minute Workout — helps decrease body fat while improving insulin sensitivity and overall fitness.  *(Source: American College of Sports Medicine)*  **Resources:**   * [8 Ways to Add Movement to Your Day](http://www.acefitness.org/acefit/healthy-living-article/59/5380/8-ways-to-add-more-movement-throughout-your/) (American Council on Exercise) * [VIDEO: Got a Meeting? Take a Walk](http://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk) (TED) * [7 Minute Workout Website](http://7-min.com/) * [APP: 7 Minute Workout](https://itunes.apple.com/us/app/johnson-johnson-official-7/id784797900?ls=1&mt=8) (iOS) * [APP: 7 Minute Workout](https://play.google.com/store/apps/details?id=com.popularapp.sevenmins&hl=en) (Android) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Contribute to your 401(k)** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, contribute to your 401(k) | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Life Meaning;Resources & Support;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | When it comes to your retirement and a secure financial future, you need to save NOW. Experts say you'll need about 80 percent of your pre-retirement income to sustain your quality of life. Set up and contribute to a 401(k) plan, increase your contribution, or if stopped, start again! | | Long Description (2,000 char limit): | If someone offered you free money, would you say "no thanks?" Most likely not. But that's exactly what you're doing if you don't contribute toward your 401(k). Here are two major benefits:   1. You get a tax break, since your contributions come out of your paycheck before income taxes deductions. 2. If your company offers a matching program, you'll get additional contributions for free from your employer, up to a certain percentage of your income.   If you already contribute to a 401(k), maximize the amount. And if you stopped participating at some point, start again. The American Association of Retired Persons reports that most of your savings may end up going toward your [medical costs](http://www.aarp.org/health/medicare-insurance/info-12-2012/health-care-costs.html). So, the sooner you assess your future needs and start saving, the more likely you'll have a comfortable retirement. Of course, how much you need will depend on your individual needs.  Tips and tools:   * Add up your estimated monthly income from 401(k), Social Security, IRA savings and other investments. Are your monthly expenses greater than your income? If so, you might have to work past 65. * Explore how claiming your age affects your Social Security retirement benefits by using the Consumer Financial Protection Bureau [interactive tool.](http://www.consumerfinance.gov/retirement/before-you-claim/?utm_source=newsletter&utm_medium=email&utm_term=11122015_d1&utm_campaign=planningforretirement) * Review the Department of Labor's [Retirement Plans-Benefits and Savings](https://www.dol.gov/general/topic/retirement) guide.   Remember, it's never too early - or too late - to set money aside for your future. As Warren Buffett said, "Someone is sitting in the shade today because someone planted a tree a long time ago."  *(Sources:*[*USA.gov*](https://www.usa.gov/retirement)*,*[*Investment Company Institute*](https://www.ici.org/policy/retirement/plan/401k/faqs_401k)*)*  **Did you know?**  Out of 100 people who start working when they're 25, 63 percent are dependent on Social Security, friends, relatives and charity by the age of 65. *(Source:*[*Statisticbrain.com*](http://www.statisticbrain.com/retirement-statistics/)*)*  **Resources:**   * [Why Save for Retirement?](https://www.youtube.com/watch?v=mA23AVPraN8) (Guided Choice video) * [Save NOW for Retirement](http://www.americanbar.org/content/dam/aba/migrated/tax/taxtips4u/saveforretirementnow.authcheckdam.pdf) (American Bar Association PDF) * [Plan For Your Retirement](http://www.ssa.gov/planners/retire/)(Social Security) * [401(k) Resource Guide](https://www.irs.gov/Retirement-Plans/401(k)-Resource-Guide) (IRS) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Don't Overthink It** | | POINTS: | 25 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, detox your mind on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Do you dwell on situations, have a hard time falling asleep or experience daily anxiety? Experts say it's not only exhausting, but can lead to depression and binge eating. At least twice a week, detox your mind by using a few distraction techniques. | | Long Description (2,000 char limit): | When you look at and cope with what's happening in life, do you:   1. Experience a worry, analyze the situation, take away the lessons learned and move on?   ***OR***   1. Analyze the situation over and over, and focus your attention on the consequences rather than the solutions?   If option 2 sounds familiar, you might be a [ruminative thinker](http://psychcentral.com/blog/archives/2014/02/16/8-tips-to-help-stop-ruminating/). But you can curb this pattern by paying close attention to your emotions. When you catch yourself ruminating, try a distraction technique to shift into a healthier activity:   * Start a different (creative) task * Engage in an activity you enjoy * Read a book or watch a fun movie * Exercise * Relax, meditate or do yoga * Take deep breaths to refocus your energy and calm your mind * Make a cup of tea (herbal or decaf) to help you sleep * Treat yourself with compassion and allow positive thoughts to be present   **Did you know?**  Ruminators who use distraction techniques are less likely to recall negative events, such as being dumped by a significant other, than those who don't.  *(Source:*[*American Psychological Association*](http://www.apa.org/monitor/nov05/cycle.aspx)*)*  **Resources:**   * [Can Overthinking Lead to Depression?](http://www.qualityhealth.com/depression-articles/overthinking-lead-depression) (Quality Health) * [Mindfulness is Awareness](http://www.clevelandclinicwellness.com/programs/NewSFN/pages/default.aspx?Lesson=2&Topic=1&UserId=00000000-0000-0000-0000-000000000705) (Cleveland Clinic) * [Depression and Ruminative Thinking](http://www.everydayhealth.com/depression/depression-and-ruminative-thinking.aspx) (Everyday Health) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Go Mobile** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, download the app | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Resources & Support | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Check in on your well-being — wherever you are! Download the Limeade iOS app to help stay on track with your **[insert program name]** goals. Once you download it, use [**code here**] program code to get started. | | Long Description (2,000 char limit): | The Limeade iOS app makes it easy to join activities, check your progress and stay on track.  **Simply follow these steps:**   1. Open the iOS app store on your iPhone 2. Search for “Limeade” and download 3. Open the app and enter the program code: [**code**] 4. Login with your username (or email address) and password   **What can you do in the app?**   * Explore and join challenges * Track your activities on the go * Connect your devices and apps * Check out your points and rewards * Share your progress and accomplishments with others   Questions? Contact [support+mobile@limeade.com](mailto:support+mobile@limeade.com)  ***Android users*** *You can also use [program name] on your phone (and earn points for this challenge). Simply open your favorite web browser and navigate to [****customname.limeade.com****] to sign in. You can even save a shortcut to your homescreen.*[*Read how here*](http://www.howtogeek.com/196087/how-to-add-websites-to-the-home-screen-on-any-smartphone-or-tablet/)*.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Time for a Check-up** | | POINTS: | 200 | | TRACKING DETAILS: | One-Time To complete this, schedule your yearly check-up | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Knowing Yourself;Resources & Support;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Regular health exams can prevent diseases, detect problems in their early stages and increase your chances of living a healthy and happy life. But you have to make the first move - so take charge of your health and schedule a preventive care check-up today. | | Long Description (2,000 char limit): | Once you’ve scheduled your appointment, prepare to make the most of it. This is YOUR time, so ask questions and discuss any concerns. Since time with your doctor is often limited, show up for your appointment prepared:   * **Before your appointment.** Write down any questions you want to ask your doctor and make a list of any medications you’re taking (prescription, over-the-counter and vitamins/supplements) * **During the appointment.** As you discuss your questions with the doctor, take notes.If you don’t understand something, ask for clarification. * **After your appointment.** Follow your doctor's instructions and talk with him/her before making any changes.  Keep in mind that most health plans cover the full cost of preventive services - including your check-up, screenings and some vaccinations. If you’re not sure, call your insurance company or talk to your employer’s benefits manager.   **Did you know?**  People forget 40 to 80 percent of what their doctors said by the time they’re back in their cars. So don’t just ask questions - take notes.  **Resources:**   * [Preventative Care: A Checklist for Women](https://health.clevelandclinic.org/2012/05/preventitive-care-a-checklist-for-women/) (Cleveland Clinic) * [Men: Stay Healthy at Any Age](http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.html) (AHRQ) * [Regular Check-Ups Are Important](http://www.cdc.gov/family/checkup/) (CDC) * [What is Skin Cancer? What to Look For](http://www.skincancer.org/skin-cancer-information) (Skin Cancer Foundation) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Bedtime is Device-Free Time** | | POINTS: | 25 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, power down 30 minutes before bed on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: |  | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Yes, our electronic devices are fun and useful, but their light-emitting screens suppress sleep-inducing melatonin - and that makes it hard to get a good night’s sleep. For a sound snooze, power down at least 30 minutes before bed. | | Long Description (2,000 char limit): | You're not alone if you're on your phone at bedtime. In fact, 95 percent of Americans use electronics within the hour before bed. So buck the trend. A few days a week, try giving your device a rest so you can rest. Powering down allows your mind to relax — that's when melatonin kicks in and makes you sleepy.  You can even tell your family, friends, and colleagues that at a certain hour and days of the week you may not respond immediately, but you will within a specified amount of time, such as 15 minutes to an hour later. A good technique to help you achieve a device free night is to leave your phone on the other side of the room, so you're not tempted to reach for it from bed. If your mind is racing, jot your thoughts in a notebook. If need something to help you wind down, thumb through a magazine, read a book or listen to calming music (like new age or classical). You'll be out like a light in no time.  **Did you know?** Eighty-eight percent of adults and 70 percent of children have at least one electronic device in their bedrooms.  **Resources:**   * [Electronics in the Bedroom: Why It's Necessary to Turn Off Before You Tuck In](http://sleepfoundation.org/ask-the-expert/electronics-the-bedroom) (National Sleep Foundation) * [12 Ways to Shut Off Your Brain Before Bedtime](http://psychcentral.com/lib/12-ways-to-shut-off-your-brain-before-bedtime/) (Psych Central) * [VIDEO: How to Unplug for Better Sleep](http://www.howcast.com/videos/497169-how-to-unplug-sleep-problems/) (Howcast) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **50,000 Steps per Week** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, Numeric To complete this challenge, walk, jog or run at least 50000 steps each week | | DEVICE-ENABLED: | Yes | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Reduced risk of heart disease and stroke, improved blood pressure, enhanced mental well-being, and reduced stress. These are just a few reasons walking is one of the best ways to improve your health. Walk 50,000 steps each week to earn 50 points and walk toward a better you. (Hint: 2,000 steps is about 1 mile.) | | Long Description (2,000 char limit): | **Lace up your shoes and get moving! Don't let the big number scare you; 50,000 steps is just over 7,000 steps per day. Easy to achieve! Make tracking even easier by connecting a device!**  **How to achieve 50,000 steps per week?**   * **Take the stairs instead of the elevator or escalator** * **Tak30-minutenute walk during your lunch break** * **Schedule a walking meeting**   **How to get started?**   * **Start out by wearing a comfortable pair of sneakers, with plenty of support and cushion.** * **Download an app or get your tracking device on and start walking. After your walk, log your steps. Don't want to log it manually? Sync a device with your account here and your steps will be tracked automatically.** * **You can walk, jog or run to get your steps. A tracking device can track your steps whether your are moving fast or slow. Work toward your 10,000 steps goal as slowly or as fast as you wish.**   **Exercise safely! If you have any concerns about your joints, ankles, knees or hips, talk to your physician before joining the challenge.** | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Complete your WBA** | | POINTS: |  | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: | No | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Knowing Yourself | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Complete your Well-being Assessment | | Long Description (2,000 char limit): |  | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Introduction to the EAP** | | POINTS: |  | | TRACKING DETAILS: | One-Time To complete this, watch the EAP orientation video | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Enjoying Work | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Watch the Employee Assistance Program Orientation video or visit the EAP webpage to see information on how to utilize the EAP. | | Long Description (2,000 char limit): | The Washington State Employee Assistance Program (EAP) helps public employees resolve personal and work-related problems. In the course of one's career, an employee may experience situations that affect his or her capacity to perform well on the job. These experiences, while personal in nature, can manifest in the workplace as issues that affect performance, attendance, or conduct. EAP provides short-term, solution focused assessments for employees and adult family members. Employees can contact EAP directly. Consultations are confidential and provided at no cost.  If additional help is needed, EAP will help locate resources for ongoing assistance. General government rules and most collective bargaining agreements allow for the use of paid leave for an EAP assessment. An employee can also use sick or vacation leave.  *Subscriptions to receive EAP publications are now available for everyone through*[*GovDelivery*](https://subscriberhelp.govdelivery.com/hc/en-us/)*systems. After subscribing, feel free to forward the email publications to co-workers, supervisors, family, friends or anyone who could benefit from helpful information and tips on how to manage both work and personal life issues.*[*Click here*](http://des.wa.gov/services/HRPayroll/eap/Pages/subscribe.aspx)*to sign up today.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Introduction to the EAP** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, watch the EAP intro video | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Resources & Support | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | To complete this challenge, watch the Employee Assistance Program Orientation video on YouTube or at WA.gov or visit our webpage to see information on how to utilize the Employee Assistance Program. | | Long Description (2,000 char limit): | The Washington State Employee Assistance Program (EAP) helps public employees resolve personal and work-related problems. In the course of one's career, an employee may experience situations that affect his or her capacity to perform well on the job. These experiences, while personal in nature, can manifest in the workplace as issues that affect performance, attendance, or conduct. EAP provides short-term, solution focused assessments for employees and adult family members. Employees can contact EAP directly. Consultations are confidential and provided at no cost. If additional help is needed, EAP will help locate resources for ongoing assistance. General government rules and most collective bargaining agreements allow for the use of paid leave for an EAP assessment. An employee can also use sick or vacation leave. Subscriptions to receive EAP publications are now available for everyone through GovDelivery systems. After subscribing, feel free to forward the email publications to co-workers, supervisors, family, friends or anyone who could benefit from helpful information and tips on how to manage both work and personal life issues. Click here to sign up today. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Health Coaching - Group Health** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = C, CHSA, CV, C1 | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Coaching | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn up to 500 points for this activity! You will receive 300 points for the 1st call and 200 more points by completing at least 3 calls. | | Long Description (2,000 char limit): | Group Health offers telephonic health coaching to support you in actively improving behaviors that affect your health. This free program gives you access to a health coach, relevant information, and education. You may call the Health Coaching line 24 hours a day, 7 days a week to discuss nutrition, stress, physical activity, or any lifestyle issue you would like to cover.  Call the Health Coaching line toll-free at 1-855-403-0600.  *Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Quit Tobacco (Breathe Online Digital Coaching) - Kaiser** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = D, DHSA, DV  Risk = Smoke Free Living | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Smoke-Free Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Have you been thinking about quitting tobacco? Good news: the Breathe® online tobacco cessation program\* is a great place to start. | | Long Description (2,000 char limit): | Breathe® supports you as you explore why it's hard to quit smoking, and offers tips and advice to help you give up the habit.  Once you complete the online questionnaire, you'll receive a customized action plan that shows you successful ways to quit smoking and breathe easier.  Ready to get started? Here's how:  1. Go to <https://agree.kphealthworks.org/>.  2. Complete and submit the online Wellness Program Agreement. Click the "Yes" box on the form to be eligible for your SmartHealth points. (If you check the "No" box, you cannot receive points.)  3. Go to [kp.org/breathe](https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/JcrLDoIwEEDRb3Hhsg4oArrDFn9B6YaMzfAIfWWoJv69Gpf35IKGO2iPr3nENAeP9tudIZ-Iz3YeaE1vSyJyGBndCjfQoCPj6BA6H4RBM9HPltivU-BknqlnGoiZGLol7gKP2-zBhOk_IqfZWIIuV1JKJVtRXMqryPM2E42q9kK1WVUXx7osTxKic_XBNZsP-1F5Uw!!/)  **How you'll earn points for this activity:**  You will earn 500 points upon receipt of data from Kaiser Permanente that you have submitted a completed Breathe® questionnaire. In some instances, it may take up to 60 days for points to be awarded. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.  \*Breathe® program is offered in collaboration with Johnson & Johnson Health & Wellness Solutions, Inc. Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Quit Tobacco Group Health** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = C, CHSA, CV, C1  Risk = Smoke Free Living | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Smoke-Free Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn up to 500 points for this activity! You will receive 300 points for the 1st call and 200 more points by completing 5 calls (approximately 5 weeks). | | Long Description (2,000 char limit): | Why not take this opportunity to quit now? With the Quit For Life® Program, your chances of quitting tobacco are 8 times better than trying to quit on your own.  The program includes:   * Phone-based, personalized treatment sessions scheduled at your convenience. * Unlimited toll-free telephone access to the Quit Coaches during treatment. * Recommendations of type, dose, and duration of medication, if appropriate. * Free nicotine patches or gum (if recommended by your Quit Coach). * A Quit Guide of materials to help you stay on track between calls.   Quit For Life® is available at no cost to all Group Health members ages 18 and older. To enroll, call 1-800-462-5327 or visit [www.ghc.org](http://www.ghc.org/) (then search Quit for Life)  *Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Quit Tobacco (Phone) - Kaiser** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = D, DHSA, DV  Risk = Smoke Free Living | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Smoke-Free Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn up to 500 points for this activity! You will receive 300 points upon completion of both your intake and your first coaching call (in some cases, these can be combined into one call), and 200 more points upon completion of your second coaching session. | | Long Description (2,000 char limit): | Are you ready to quit tobacco but having a hard time getting started? We offer tobacco cessation coaching by phone so we can be there for you when you really need us. A one-on-one chat with a wellness coach may help you get through the toughest times.  **Ready to get started?** Here's how:   1. Go to: <https://agree.kphealthworks.org/>. 2. Complete and submit the online Wellness Program Agreement. Click the "Yes" box on the form to be eligible for your SmartHealth points. (If you check the "No" box, you cannot receive points.) 3. Call toll-free 1-866-301-3866, option 2, Monday through Friday, 8 a.m. to 5 p.m. Coaching is available in English or Spanish at no charge for Kaiser Permanente members. No referral is needed.   Note: You are not limited to just two calls. You and your coach will decide how many calls are needed to meet your needs. Additional calls will not earn additional points. Points will be awarded upon receipt of data from your health plan, and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.  \*Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team.  Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Quit Tobacco - UMP (Regence)** | | POINTS: | 500 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = U, U1, U2, UHSA  Risk = Smoke Free Living | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Smoke-Free Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn 500 points for this activity! You will receive 300 points for the 1st call and 200 more by completing a 5th call (approximately 5 weeks). | | Long Description (2,000 char limit): | Why not take this opportunity to quit now? With the Quit For Life® Program, your chances of quitting tobacco are 8 times better than trying to quit on your own.  The program includes:   * Phone-based, personalized treatment sessions scheduled at your convenience. * Unlimited toll-free telephone access to the Quit Coaches during treatment. * Recommendations of type, dose, and duration of medication, if appropriate. * Free nicotine patches or gum (if recommended by your Quit Coach). * A Quit Guide of materials to help you stay on track between calls.   Quit For Life® is available at no cost to all Uniform Medical Plan members ages 18 or older. To participate, call toll-free 1-866-784-8454 or enroll online at [www.quitnow.net/ump](https://www.quitnow.net/ump/).  *Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Living Well Workshops - Group Health** | | POINTS: | 200 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = C, CHSA, CV, C1 | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar;Healthy Weight;Heart Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn up to 500 points for this activity! You will receive 300 points for registering and completing the first class, then another 200 points once you complete at least four classes (points will be uploaded after the sixth class). | | Long Description (2,000 char limit): | The Living Well with Chronic Conditions Program is a series of proven workshops that provides benefits for people living with one or more chronic conditions. Participants learn new methods and skills to manage their diseases and work effectively with their health care providers. Living Well with Chronic Conditions is offered online or through a series of two-and-a half-hour workshops over six weeks. The workshops are available at no cost to all Group Health members ages 18 and older. To inquire about our workshops, call 1-800-992-2279 or visit www.ghc.org for more information; members can log into MyGroupHealth. Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Diabetes Prevention - Kaiser** | | POINTS: | 300 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | "Medical = D, DHSA, DV  RIsk = Healthy Blood Sugar" | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn 500 points for this activity! You will receive 300 points upon the completion of your first session, and 200 more points upon completion of at least nine sessions (out of 16). | | Long Description (2,000 char limit): | Did you know you can take steps to significantly reduce your risk of developing type 2 diabetes? The Prevent® program\* provides a 16-week online diabetes prevention program that includes professional health coaching, peer support, an interactive health curriculum, and smart technology to monitor and enhance progress to meet your goals.  **Ready to get started?**   Here's how:   1. Go to: <https://agree.kphealthworks.org/>. 2. Complete and submit the online Wellness Program Agreement. Click the "Yes" box on the form to be eligible for your SmartHealth points. (If you check the "No" box, you cannot receive points.) 3. Call toll-free 1-866-301-3866, option 2, Monday through Friday, 8 a.m. to 5 p.m. A health coach will give you the instructions for online registration in the Diabetes Prevention Program.   Points will be awarded upon receipt of data from your health plan, and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.  \* Diabetes prevention program is offered in collaboration with OMADA Health.  Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Diabetes Prevention Program - UMP (Regence)** | | POINTS: | 300 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | "Medical = U, U1, U2, UHSA  RIsk = Healthy Blood Sugar" | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn 500 points for this activity! You will receive 300 points upon the completion of your first session, and 200 more points upon completion of at least nine sessions (out of 16). | | Long Description (2,000 char limit): | Did you know you can take steps to stop diabetes before it starts? The Diabetes Prevention Program provides a 16-week, evidence-based course that can reduce your chances of developing diabetes by over 50 percent.  Your program will include certified coaches, peer support, an interactive curriculum, and maintenance meetings to help you continue the healthy lifestyle changes you have made. Classes are available throughout the year, at your workplace or in the community--all at no cost.  Look for a promotion at your worksite about a month before a blood sugar testing event and classes begin.  OR  Call toll-free 1-800-237-4942 Monday through Friday to ask about worksite or community classes in your area.  *Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Diabetes Prevention Program - Group Health** | | POINTS: | 300 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Medical = C, CHSA, CV, C1  RIsk = Healthy Blood Sugar | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn 500 points for this activity! You will receive 300 points upon the completion of your first session, and 200 more points upon completion of at least nine sessions (out of 16). | | Long Description (2,000 char limit): | Did you know you can take steps to stop diabetes before it starts? The Diabetes Prevention Program provides a 16-week, evidence-based course that can reduce your chances of developing diabetes by over 50 percent.  Your program will include certified coaches, peer support, an interactive curriculum, and maintenance meetings to help you continue the healthy lifestyle changes you have made. Classes are available throughout the year, at your workplace or in the community--all at no cost.  Look for a promotion at your worksite about a month before a blood sugar testing event and classes begin.  OR  Call toll-free 1-800-237-4942 Monday through Friday to ask about worksite or community classes in your area.  *Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points.* | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Preventative Dental Care - Willamette Dental Group** | | POINTS: | 200 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Dental = 3 | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Get your annual dental exam and cleaning done today, because a little prevention and proper care can make your teeth last a lifetime. | | Long Description (2,000 char limit): | Simply schedule your appointment, receive preventive care, and points will be awarded after the claim is processed. Make an appointment by calling toll-free 1-855-433-6825, option 1. You can earn 200 points for completing an annual preventive dental exam. Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Preventative Dental Care - UDP** | | POINTS: | 200 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Dental = 1  Relationship code = 0 | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn points by using your UDP preventive dental benefits to protect your oral health. | | Long Description (2,000 char limit): | Simply schedule an appointment, receive preventive care, and points will be awarded after the claim is processed. Need help finding a Uniform Dental Plan network provider? Call Uniform Dental Plan: 1-800-537-3406, Monday through Friday, 8 a.m. to 5 p.m. Pacific Time. Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Preventative Dental Care - DeltaCare** | | POINTS: | 200 | | TRACKING DETAILS: | IE To complete this, do the activity in the description | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 11/01/17 | | TARGETING: | Dental = 4  Relationship code = 0 | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Earn points by using your preventive dental benefits to protect your oral health. You can earn 200 points for a preventive dental checkup, once per year. | | Long Description (2,000 char limit): | Your benefits cover these visits in full with no deductible. Simply schedule an appointment, receive preventive care, and points will be awarded after the claim is processed. Need help finding a DeltaCare network provider? Call DeltaCare: 1-800-650-1583, Monday through Friday, 8 a.m. to 5 p.m. Pacific Time. Points will be awarded upon receipt of data from your plan and in some instances may take up to 60 days. Please note, only actions completed in 2016 will count towards 2016 SmartHealth points. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Take a Stand** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, stand up and stretch three times on at least 5 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Back Health;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | We know poor diet, smoking and lack of exercise can increase the risk for all sorts of health issues. But prolonged sitting is also linked to poor health because it can compromise your metabolic health. So take a break, get up and stand at least three times a day five times a week. | | Long Description (2,000 char limit): | Some experts call it “sitting disease” — and many Americans are battling it, given that we spend an average of 7.7 hours a day sitting. But you don’t have to trade your chair time for vigorous workouts. Instead, stand more often. Set a timer for every half hour, reminding you to get up and move around — just one to three minutes will boost metabolism, increase energy and improve posture. That’s not to mention increasing your odds for a long, healthy life. *(Source: Cleveland Clinic, U.S. National Library of Medicine, American Association of Family Practitioners, Centers for Disease Control)*  **Did you know?** If you sit most of the day, your risk of heart attack is about the same as smoking. *(Source: Mayo Clinic)* **Resources:**   * [7 Science-Based Benefits of a Standing Desk](https://authoritynutrition.com/7-benefits-of-a-standing-desk/) (Authority Nutrition) * [VIDEO: Can You Limit Sitting and Sleeping to 23½ Hours a Day?](http://www.coreperformance.com/daily/mindset/can-you-limit-sitting-and-sleeping-to-23-hours-a-day.html) (EXOS) * [Posture for a Healthy Back](https://my.clevelandclinic.org/health/diseases_conditions/hic_Posture_for_a_Healthy_Back) (Cleveland Clinic) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Bedtime Wind Down** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, follow a bedtime routine on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Bedtime is different for everyone. Some people sleep at night, and others — like shift workers — during the day. But whatever your schedule, it’s important to establish a bedtime routine that allows your brain to relax, which leads to sleepiness. So give it a try at least three times a week. | | Long Description (2,000 char limit): | A bedtime routine is about doing things that help you relax. Think about what gets in the way of good sleep — does watching TV make you sleepy or keep you awake? Does a glass of wine awaken your creative side, keeping you up late? Are you finishing household tasks right up to bedtime? Be aware of what's preventing those zzz's, then think about what you can do to unwind and alert your body that it's time to snooze. Some ideas:   * An hour before bed, stop working on projects or tasks, and turn off electronic devices * Read a book * Take a warm bath * Listen to soothing music * Wash your face, and brush your teeth   More than just a bedtime ritual, sleep routines help you feel more energized and focused the next day. Make it a point to limit distractions, and let your brain unwind.  **Did you know?** Getting plenty of quality sleep improves your mood, increases your mental clarity and creativity, and boosts your energy and performance. It even makes you more resistant to infections and guards against heart disease and obesity  **Resources:**   * [VIDEO: How to Establish a Bedtime Routine for Better Sleep](http://www.howcast.com/videos/497645-how-to-establish-a-bedtime-routine-sleep-problems/) (Howcast) * [Calm the Mind Before Bed](http://www.clevelandclinicwellness.com/mind/BetterSleep/Pages/CalmtheMindBeforeBed.aspx) (Cleveland Clinic) * [5 Tips to Sleep Better When You Worry About Not Sleeping](http://health.clevelandclinic.org/2014/12/5-tips-to-sleep-better-when-you-worry-about-not-sleeping/)(Cleveland Clinic) * [Shift Work and Sleep](https://sleepfoundation.org/sleep-topics/shift-work-and-sleep) (National Sleep Foundation) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Track Your Zzz's** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, track your sleep on at least 7 separate days | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Care;Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | If you have trouble sleeping, you're not alone — about 70 million Americans do. But sleep problems are easier to resolve than you may think. Document your sleep (when you go to bed, use devices, etc.) for seven days to reveal patterns that'll help you make changes for a sound snooze. | | Long Description (2,000 char limit): | When you're aware of how and when you sleep, you learn what's preventing you from getting your zzz's. So try documenting your sleep (with a sleep journal, app or tracking devices — check out the resources below) for seven consecutive days. Note what time you went to bed, when you fell asleep, how many times you woke up, what time you woke up and when you got out of bed. Start on a Friday and allow yourself to wake up naturally, without an alarm. This will help you get a sense of your body's natural sleep rhythm.  **Did you know?** Getting quality sleep can lower your blood pressure and blood sugar and boost your energy and concentration.  **Resources:**   * [APP: Sleep Cycle](http://www.sleepcycle.com/) * [APP: Sleep Better](https://www.runtastic.com/en/apps/sleepbetter) * [Sleep Diary](http://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf) (National Sleep Foundation) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Just Breathe** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, take deep breaths during stress on at least 5 separate days | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Resilience;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You can’t control what happens to you, but you can control how you react to it. And when it comes to stress, there’s a simple, effective response: [deep breathing](http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever). This powerful technique is an incredible anytime, anywhere stress reliever. So take 10 deep breaths during stress at least five times. | | Long Description (2,000 char limit): | A little stress is good for you — but if you feel constantly under pressure, it can be harmful for your body and mind. Studies show that high, sustained stress is associated with high blood pressure, anxiety, depression and a suppressed immune system. But deep breathing is a quick, simple — and free — way to manage stress in the moment. It not only calms you, but slows your heartbeat, relaxes your muscles, decreases your feelings of anxiety and wards off panic attacks.  **Did you know?**  Using deep breathing as a stress-reduction technique can purposefully activate a relaxation response, allowing you to better manage negative emotions such as fear, frustration and anger.  **Resources:**   * [Just Breathe: Body Has A Built-In Stress Reliever](http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever) (NPR / Cleveland Clinic) * [Diaphragmatic Breathing](http://my.clevelandclinic.org/health/diseases_conditions/hic_Understanding_COPD/hic_Pulmonary_Rehabilitation_Is_it_for_You/hic_Diaphragmatic_Breathing) (Cleveland Clinic) * [The Powerful Impact of Stress](http://education.jhu.edu/PD/newhorizons/strategies/topics/Keeping%20Fit%20for%20Learning/stress.html) (John Hopkins School of Education) * [VIDEO: Guided Meditation for Calming Relaxation & Sleep, Breath Exercises](https://grokker.com/yoga/video/guided-meditation-for-calming-relaxation-and-sleep/54bec5bfe3a13bb6256ad18f) (Grokker) * [VIDEO: Extended Breath Meditation](https://grokker.com/yoga/video/extended-breath-meditation-20-min/53c89e1add275fb40740d6ea) (Grokker) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Set & Hit Your Goals** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, set and hit your goals on at least 1 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Job Satisfaction;Making & Keeping Commitments;Self-Leadership | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Being committed to achieving specific goals at work is a great way to help you increase your productivity. So for this challenge, set and hit your goals at least once per week. | | Long Description (2,000 char limit): | Without a strategic plan for reaching your goals, you’re more likely to fail. So break your big, lofty projects into smaller tasks with actionable steps. Then, aim to hit specific goals — no more than two at the same time — each week so you can stay focused and on track. And here is a suggestion: use the [S.M.A.R.T](https://www.youtube.com/watch?v=1-SvuFIQjK8). approach.  Steps to help you succeed:   * **Specific:**Write down a descriptive statement of the purpose of your goals. * **Measurable:**How would you measure your success? Think in terms of numbers (e.g., Did you hit your goal of selling five pairs of shoes this week?) * **Achievable:** Make sure you set realistic expectations given the time period and available resources. * **Relevant:** Knowing what you’re trying to accomplish, focus on the tasks that would move the needle forward each week. * **Time Bound:**Set specific timelines or intervals for completing the work.   The key is to set small, clear goals. For more useful tips, refer to the Resources section below.  *(Sources:*[*Harvard.edu,*](https://hilt.harvard.edu/files/hilt/files/settinggoals.pdf)[*FastCompany.com*](http://www.fastcompany.com/1835210/how-set-wildly-important-goals-and-what-theyll-do-you)*)*  **Did you know?**  Without keeping a scoreboard you would lose track of your goals.  *(Source:*[*Goalband.co*](http://www.goalband.co.uk/goal-achievement-facts.html)*)*  **Resources:**   * [How to Stay Focused](https://www.youtube.com/watch?v=WhbYBb0huMs) (Brandon.com) * [Five Golden Rules of Goal Setting](http://www.mindtools.com/pages/article/newHTE_90.htm) (Mindtools.com) * [The 4 Disciplines of Execution](http://www.4dxbook.com/pdf/chapter1.pdf) - pdf * [Goal Setting: Developing a Vision and Goals for Your Career Plan](http://hr.berkeley.edu/node/4591) (Berkeley.edu) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Proper Portions** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, review the portion sizes guide | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Weight;Nutrition;Resources & Support | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | The best tool for determining portion sizes isn’t a measuring cup or a scale — it’s your hands! And portion size is key to losing weight and getting the right balance of nutrients to sustain your energy. To learn how much you should eat, check out [Portion Sizes 101](http://www.coreperformance.com/knowledge/nutrition/portion-sizes.html). | | Long Description (2,000 char limit): | Whether you’re 5’2” or 6’5”, you can use your hands to determine the proper portions for proteins, complex carbs, fruits, vegetables and healthy fats. Even when you’re eating at a restaurant, you can use your hands to determine how much of the (often generous) portions you should eat. Here are some guidelines to help you build a healthy plate with the right portion of each food group:   * **Protein:** Size of your open palm * **Vegetables and fruits:** Size of two cupped hands when raw, 1 cupped hand when cooked * **Healthy fats:** Size of two thumbs * **Starchy vegetables and grains:** Size of your closed fist   **Did you know?** Not all fat is bad for you. Healthy fats include avocados, olives (and olive oil), coconuts (and coconut oil), nuts and nut butters. Just remember the two-thumb rule and you’re on the right track.  **Resources:**   * [How to Avoid Portion Size Pitfalls to Help Manage Your Weight](http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html) (Centers for Disease Control) * [Portion Sizes 101](http://www.coreperformance.com/knowledge/nutrition/portion-sizes.html) (EXOS) * [Just Enough for You: About Food Portions](http://www.niddk.nih.gov/health-information/health-topics/weight-control/just-enough/Pages/just-enough-for-you.aspx) (National Institute of Diabetes and Digestive and Kidney Diseases) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Plant a Garden** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, plant and groom your garden on at least 3 separate days | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Feeling Energized;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | A vegetable garden can give you more than homegrown nutrition; You’ll break a sweat while flexing your creativity muscles. **Commit to working in your garden at least three times this season.** | | Long Description (2,000 char limit): | Studies show that gardening can improve your physical health, emotional and mental health through relaxation, satisfaction and better nutrition. So put your gloves on, be creative and stay healthy. Plus, you’d get some peace in mind.  **Check out these gardening tips:**   * Space: Select your veggies before you design your garden so you know you have enough space for them as they grow. If you live in an apartment, you can still play — simply plant your veggies or flowers in pots. * Location: Pick a spot with a least five hours of daytime light and easy access to water. * Soil: Use contaminant-free soil so your plants or veggies will grow strong and healthy * Seeding dates: Plants and veggies are seasonal, which means you need to plant them in the right month. For more information, review [flower](http://www.proflowers.com/blog/when-to-plant-flowers) and [veggie](http://www.ufseeds.com/Garden-Planting-Guide.html) visual guides. * Protection: Wear sunscreen, bugspray, long pants and sleeves, hat, and gardening gloves. * Safety: Physical activity requires proper precautions and lifting techniques so you stay safe and healthy. Prepare by reviewing these pain-free [gardening tips](http://www.prevention.com/health/healthy-living/pain-relief-tips-pain-free-gardening). * Tools: [Use caution](http://www.cdc.gov/features/gardeningtips/)when operating power tools and use tools with long handles to avoid back pain injuries.   *(Sources: [Ncbi](http://www.ncbi.nlm.nih.gov/pubmed/20522508" \t "_blank),*[*Uvm.edu*](http://pss.uvm.edu/ppp/pubs/oh82stress.htm)*)*  **Did you know?** According to the Guinness Book of Records, the tallest sunflower grew to 7.76 meters high (that’s about 25 feet). *(Source:*[*Royal Horticultural Society*](https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/fascinating-Facts)*)*  **Resources:**   * [Square Foot Gardening](http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1597.pdf) (NDSU Extension Services) * [How to Plan a Vegetable Garden](http://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/) (Better Homes) * [Healthy Tips: The Benefits of Gardening](http://health.clevelandclinic.org/2012/04/health-tip-the-benefits-of-gardening/) (Cleveland Clinic) * [Gardening Health and Safety Tips](http://www.cdc.gov/family/gardening/) (CDC) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **New Year's Resolution** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, set your resolution | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Making & Keeping Commitments;Positive Living;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | A new year brings opportunity for new goals, new accomplishments, maybe even a whole new you. So be thoughtful about your resolutions — take time to reflect on the last year and any changes you want to make, then set two to three realistic goals for the upcoming year. | | Long Description (2,000 char limit): | While identifying your New Year’s resolutions, stay true to what’s most important to you. Some popular goals are eating with your family at the dinner table three nights a week, going to yoga every weekend or working up a sweat once a day. The key is to choose specific, realistic goals — from there, your level of commitment will transform your goals into reality. Here’s how to get started:   1. **Identify the areas of improvement.** Think about your health, career and family. 2. **Based on your areas of focus**, pick your resolutions and write a specific plan for achieving them. (Use the [SMART](http://www.yale.edu/hronline/yaleperformancemanagement/goal.html) acronym to develop measurable goals.) 3. **Broadcast your resolution to friends and family.** They’ll give you valuable support and hold you accountable.   Remember, change takes time. Keep trying, and use each attempt to discover personal pitfalls, then plan strategies to hop those hurdles. Most important, stay committed and be patient with yourself.  **Did you know?**  If you share your goals with a friend and keep them up to date on your progress, you have a higher chance of achieving your goals. (Source: [Dominican University of California](http://www.dominican.edu/dominicannews/study-highlights-strategies-for-achieving-goals))  **Resources:**   * [Strategies for Achieving Goals, Resolutions](http://www.dominican.edu/dominicannews/study-highlights-strategies-for-achieving-goals) (Dominican University of California) * [Why New Year’s Resolutions Fail - and How to Succeed](http://health.clevelandclinic.org/2014/12/why-new-years-resolutions-fail-and-how-to-succeed/) (Cleveland Clinic) * [How to Make Resolutions That Stick](http://www.huffingtonpost.com/rl-adams/how-to-make-resolutions-t_b_8429066.html) (Huffington Post) * [11 Health Habits That Will Help You Live to 100](http://health.usnews.com/health-news/family-health/living-well/articles/2009/02/20/10-health-habits-that-will-help-you-live-to-100?page=3) (U.S. News - Health) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Visit a State Park** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, visit a state park at least 3 by end date | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Appreciating Life;Back Health;Exercise & Fitness;Healthy Weight | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Grab your snowshoes and visit one of Washington's beautiful state parks this winter either by yourself, with a friend or the whole family. | | Long Description (2,000 char limit): | Check out [this](http://www.parks.wa.gov/)website to find state parks that are open this time of year! | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Don't Skip Meals** | | POINTS: | 25 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, eat three meals on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Weight;Nutrition;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | When you eat regularly, it's easier for your body to burn fat, lose weight, sustain energy and keep your blood sugar stable. It also keeps you out of starvation mode so you're more likely to make healthier food decisions all day. So, at least three days a week, make a point to eat all three meals. | | Long Description (2,000 char limit): | Let's be honest - life is hectic, and it's easy to fall into a "starve all day, stuff all night" routine. But this throws the body into starvation mode (which slows the metabolism) after just four hours without food. This can lead to overeating and reaching for high-calorie, high-fat, sugar-laden foods that quickly satisfy but lack the nutrients we need.  On the flip side, when you eat three meals a day, you sustain your blood sugar and energy levels, so your metabolism chugs along and your concentration stays sharp. Keep in mind proper portion sizes at each meal to ensure you get the right balance of nutrients and don't overeat.  **Did you know?** Eating late at night can make it tough to get good sleep. So make sure you finish eating at least two hours before bedtime. *(Source: Cleveland Clinic)* **Resources:**   * [Why You Should Eat Often](http://www.coreperformance.com/knowledge/nutrition/why-you-should-eat-often.html) (EXOS) * [5-minute Breakfast Recipes](https://fullplateliving.org/blog/five-5-minute-breakfast-recipes) (Full Plate Living) * [Portion Sizes 101](http://www.coreperformance.com/knowledge/nutrition/portion-sizes.html) (EXOS) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **A Taste of Cardio** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, do a 15-30 minute cardio workout on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Feeling Energized;Healthy Weight;Heart Health;Managing Stress & Anxiety | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Working out isn't always easy. But cardio is the one exercise you shouldn't skip — it's great for your overall health, and it decreases your risk of heart disease. So make it a priority to complete three 15-30 minute cardio workouts a week. | | Long Description (2,000 char limit): | Being lazy has nothing to do with it. It's about time management. So look at your schedule, and shift things around. Make it a point to get into routine. Ultimately, as little as 15 minutes won't have a huge impact on your schedule, but it will have an impact on your heart and overall health.  Plus, cardio is convenient and fun! You can walk right out your door to cycle, jog or walk. Ask a friend to join you and catch up on each other's lives. Hit the gym or join an outdoor event. If you're nursing an injury, try swimming — there's no impact on your joints, and it's great for people of all ages. In fact, the only bad workout is the one that doesn't happen.  For a full body workout, complement your practice by adding a few minutes of strength training and stretching.  ***Exercise safely! Talk with your healthcare provider before you start your cardio exercise.***  **Did you know?**  Heart disease is the leading cause of death for both men and women.  *(CDC)*  **Resources:**   * [Low Impact Cardio for Beginners](https://grokker.com/fitness/video/low-impact-cardio-and-toning-workout-for-beginners/54ae6a08bdf702ee66cd5101) (9-minute video) (Grokker) * [Increase Cardio Intensity to Maximize Weight Loss](http://www.coreperformance.com/daily/movement/increase-cardio-intensity-to-maximize-weight-loss.html) (EXOS) * [How much exercise do you need?](http://www.health.harvard.edu/newsletter_article/how-much-exercise-do-you-need) (Harvard Medical School) * [The Benefits of Aerobic Exercise](http://my.clevelandclinic.org/health/healthy_living/getting_fit/hic_Exercise_Basics/hic_Aerobic_Exercise) (Cleveland Clinic) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Where's Your Money Going?** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, track your spending on at least 1 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | A budget can help you prioritize within your means. Without it, you can easily overspend, eat up your savings and build up unnecessary debt. So, track your spending each week for one month. | | Long Description (2,000 char limit): | Hefty bills - and of course, debt - can be stressful. But when you monitor your expenses, you get a clear picture of where your money goes, so you can take actionable steps toward financial freedom.  Divide your expenses into different categories so you can track them easier:   * Housing (mortgage, interest and charges, rent and other lodging) * Transportation (car insurance, gas and repairs) * Healthcare (health insurance and gym) * Entertainment (dining out and movies) * Personal care (clothes and other miscellaneous spending)   Once you have a sense of your spending habits, set attainable goals around saving money and reducing your debt. Figure out your needs versus wants. Consider ways you can cut back.  And don't postpone saving - it's the key to smart living.  **Did you know?**  Just 14% of American workers are very confident they'll have enough money to live comfortably in retirement.  *Source:*[*Daily Finance*](http://www.dailyfinance.com/2012/10/15/17-frightening-facts-about-retirement-savings-in-/)  **Resources:**   * [MyMoney.gov](http://www.mymoney.gov/) - offers financial education, calculators, budgeting worksheets and checklists * [Why Save for Retirement](https://www.youtube.com/watch?v=mA23AVPraN8)? (Guided Choice video) * [Retirement Calculator](http://apps.finra.org/Investor_Information/Calculators/1/RetirementCalc.aspx) (Finra.org) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Visit a State Park** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, visit a state park at least 3 by end date | | DEVICE-ENABLED: |  | | DATES: | 01/02/17 – 04/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Appreciating Life;Back Health;Exercise & Fitness;Healthy Weight | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | It may still be wet this spring, but grab your rain coat, lace up your boots and visit one of Washington's beautiful state parks this spring either by yourself, with a friend or the whole family. | | Long Description (2,000 char limit): | Check out [this](http://www.parks.wa.gov/)website to find state parks that are open this time of year! | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Sleep Sanctuary** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, set your sleep sanctuary | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Self-Care;Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Having a hard time sleeping? Your bedroom could be the reason. Seemingly little things like your pillow, mattress and light can affect how well you sleep. Take some time to create your ideal cozy bedroom environment, and set yourself up for some solid zzz’s. | | Long Description (2,000 char limit): | Your bedroom should be a sanctuary from the stresses of the day. Set the right temperature, above 54°F, but below 75°F. Invest in a comfortable, supportive mattress (try before you buy), a pillow for your sleep style (side, back or stomach), and cozy bedding. If you’re a side sleeper, place a pillow between your knees to keep your hips and spine aligned. Make the room dark and quiet. If this is challenging (especially if you’re a shift worker sleeping during daylight hours), use an eye mask and earplugs, or run a fan, air purifier or white noise machine.  Another helpful tip for shift workers: Exposure to daylight can activate your internal daytime clock, so wear sunglasses on your way home to prepare you for a sound snooze.  **Did you know?** Most people find a dark, quiet room the most important element to getting good sleep.  **Resources:**   * [Inside Your Bedroom: Use Your Senses](http://sleepfoundation.org/bedroom/) (National Sleep Foundation) * [Tips for a Good Night’s Sleep](http://my.clevelandclinic.org/services/neurological_institute/sleep-disorders-center/patient-education/hic-tips-for-a-good-nights-sleep) (Cleveland Clinic) * [VIDEO: How to Get More Sleep](http://www.howcast.com/videos/386233-how-to-get-more-sleep/) (Howcast) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Tame Stress with Healthy Eating** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, curb stress with a healthy snack on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Healthy Weight;Managing Stress & Anxiety;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | When we're stressed, it's natural to seek comfort foods to soothe our nerves. But this usually means unhealthy foods that only make us feel worse. We regret the poor choice and often feel “blah” after we eat it. So when you're stressed, reach for a healthy snack instead. | | Long Description (2,000 char limit): | Thirty-eight percent of adults say they’ve overeaten or eaten unhealthy foods in the past month because of stress. And half of them say they engage in this behavior on a weekly basis. So if you’re a “stress eater,” you’re not alone. But you can get a handle on it with a little planning:   1. **Don’t skip meals.** Extreme hunger makes you more likely to crave unhealthy food, so try to eat smaller, healthy meals every 3-4 hours. 2. **If you’re hungry between meals, reach for a healthy snack** — like an apple with almond butter, turkey slices with whole-grain crackers or fresh veggies with guacamole. Keep these on hand so you’re not tempted to seek out the vending machine during snack attacks. And if you’re in a pinch, swap junk food for a healthier option that will satisfy your craving — say, nuts instead of chips if you’re jonesing for something salty and crunchy, or fruit to satisfy a sweet tooth.   *(Source: American Psychological Association, Cleveland Clinic)*  **Did you know?** Thirty-three percent of adults who report overeating or eating unhealthy foods because of stress say they do so because it helps distract them from the stress.  *(Source: American Psychological Association)*  **Resources:**   * [Stress and Eating](http://www.apa.org/news/press/releases/stress/2013/eating.aspx) (American Psychological Association) * [5 Strategies to Help You Stop Emotional Eating](http://health.clevelandclinic.org/2015/05/5-strategies-to-help-you-stop-emotional-eating/) (Cleveland Clinic) * [The Stress Reduction Diet](http://www.clevelandclinicwellness.com/mind/stressless/Pages/TheStressReductionDiet.aspx) (Cleveland Clinic) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Achieve Greatness** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, apply the success habits on at least 3 separate days | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Belief in Your Abilities;Self-Leadership;Work Growth | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Your success is a reflection of your attitude. So, integrate the traits of highly motivated people into your own behavior—at least three times per week—to see amazing results in your personal and professional life. | | Long Description (2,000 char limit): | Successful people aren’t afraid to fail and try again. They set goals. They’re willing to take risks. They step out of their comfort zone. And they experiment with new ideas and strategies. Simply put, successful people seem to embrace change, not fear it.  Commit to achieving your own goals through healthy habits and a positive perspective. Don’t give up when you stumble— just take it one step at a time. Think about it this way: It takes time and effort to build your dream house. One brick at a time. You wouldn’t give up because a pipe broke, would you?  **Adopt these six habits of highly motivated people to reach your goals:**   * **Dreams:**Set high and clear goals. * **Risks:**Have the confidence to step out of your comfort zone and consciously choose to expose yourself to new tasks and learning opportunities. * **Commitment:**Maintain focus, and don’t give up. * **Learning:**Turn your weaknesses into strengths. * **Positive attitude:**See your mistakes and failures as an opportunity to grow. * **Approach:**Focus on your goals and don’t let small disappointments to discourage you. Applying the success habits will help you develop your brain, increase your well-being and ultimately lead you to greatness.   *(Sources:*[*Wash.gov*](http://www.results.wa.gov/sites/default/files/Mindsets%20Matter_The%20Neuroscience%20of%20Leading%20Change_Suzanne%20Lahl%20and%20Terri%20Egan.pdf)*, [Lifehack](http://www.lifehack.org/articles/productivity/10-influential-business-books-you-need-read-successful.html" \t "_blank) - influential books selection,*[Wash.gov](http://www.results.wa.gov/sites/default/files/Mindsets%20Matter_The%20Neuroscience%20of%20Leading%20Change_Suzanne%20Lahl%20and%20Terri%20Egan.pdf))  **Did you know?**  Our unconscious motivations, values, assumptions, beliefs and habits drive over 90 percent of our behavior.  *(Source:*[*Wash.gov*](http://www.results.wa.gov/sites/default/files/Mindsets%20Matter_The%20Neuroscience%20of%20Leading%20Change_Suzanne%20Lahl%20and%20Terri%20Egan.pdf)*)*  **Resources:**   * [How Incredibly Successful People Think](https://www.youtube.com/watch?v=0LfM9ZPGmVY) - video (Brendon.com) * [12 Things all Successful People Do](http://www.forbes.com/sites/ilyapozin/2013/10/03/12-things-all-successful-people-do/#daf27525cd39) (Forbes) * [Major Differences Between Unsuccessful and Successful People](http://www.businessinsider.com/major-differences-between-successful-and-unsuccessful-people-2015-9) (Business Insider) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Be Glad for What You've Got** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, be grateful | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Knowing Yourself;Positive Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Teddy Roosevelt was onto something when he said, "Comparison is the thief of joy." Yet comparing ourselves (and our lives) is epidemic in the age of social media. So try this: Look away from your social feed, put down your device and make a list of 10 things you're grateful for. | | Long Description (2,000 char limit): | There's been lots of buzz about gratitude over the years. Research shows it makes you feel good, and it's even good for your heart - fending off depression, stress and anxiety, all of which increase your risk of heart disease. But gratitude has never been more important than it is now, when social media puts other people's lives right in front of us. So instead of wondering why others have something you don't, take stock of what you do have - and be grateful for it. It can be "big stuff" like family, friends, health and your home - or little (but still important) things like your favorite robe, a great book you're reading or your daily run. Show your appreciation by writing in a gratitude journal or giving thanks for something every day.  *(Source:*[*American Psychological Association*](http://www.apa.org/news/press/releases/2015/04/grateful-heart.aspx)*)*  **Did you know?**  Research shows that gratitude magnifies positive emotions; blocks toxic, negative emotions; makes you more stress-resistant; and gives you a higher sense of self-worth.  *(Source:*[*University of California, Berkeley*](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good/)*)*  **Resources:**   * [Choose to Be Grateful. It Will Make You Happier.](http://www.nytimes.com/2015/11/22/opinion/sunday/choose-to-be-grateful-it-will-make-you-happier.html) (New York Times) * [The Science of Gratitude](http://www.wnyc.org/story/science-gratitude/) (WNYC podcast) * [The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life](http://www.amazon.com/The-Gratitude-Diaries-Looking-Transform/dp/0525955062) (Janice Kaplan) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Create a Monthly Budget** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, create a monthly budget | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | It's easy to overspend when you don't keep track of your expenses. Before you know it, you've spent too much on unnecessary purchases. To stay in control of your finances, create a monthly budget. | | Long Description (2,000 char limit): | Look at all your expenses over the past 12 months, and organize each expense by category. Many free online tools, like [Mint.com](https://www.mint.com/), can give you a clear view of your finances. Study your spending behavior to come up with a budget (per category) that will allow you to live well today and in the future. For example, estimate how much you need for:   * Housing (mortgage, interest and charges, rent and other lodging) * Transportation (car insurance, gas and repairs) * Healthcare (health insurance and gym) * Entertainment (dining out and movies) * Personal care (clothes and other miscellaneous spending)   Make sure to account for your quarterly and biannual expenses, such as car insurance or heating bills, when you create your monthly budgets.  You'll end up with a limit per each category (i.e., spend up to $300 in groceries per month) and an overall monthly budget (i.e., spend up to $3,000 per month).  *(Sources:*[*Money.com*](http://financialplan.about.com/od/budgetingyourmoney/ht/createbudget.htm)*, CFPB,*[*Personalfinance.duke.edu*](http://personalfinance.duke.edu/manage-your-finances/budget/discretionary-vs-non-discretionary-spending)*)*  **Did you know?**  Experts say American families need to save aggressively. Many families only have $20,000 saved for retirement - far short from the recommended $250,000.*(Source: [USAToday](http://www.usatoday.com/story/money/personalfinance/2014/11/19/retirement-401k-pension/19229527/" \t "_blank))*  **Resources:**   * [Making a Budget](https://www.consumer.gov/articles/1002-making-budget) - video (Consumer.gov) * [Make a Personal Budget](http://www.moneymanagement.org/Budgeting-Tools/Credit-Articles/Money-and-Budgeting/Make-a-Personal-Budget-and-Keep-Track-of-Spending.aspx) (Money Management International) * [How to Make a Budget](http://financialplan.about.com/od/budgetingyourmoney/ht/createbudget.htm) (Financial.plan.about.com) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Craving Slayer** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, avoid giving in to cravings on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Healthy Weight;Nutrition;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | We all know the feeling. The one that says, “I need a cupcake right now.” Or, “I must have pizza immediately.” Or “There’s a frothy blended coffee calling my name.” But you don’t have to give in. Instead, avoid the craving by taking a walk, drinking a glass of water or chatting with a coworker. | | Long Description (2,000 char limit): | Being mindful is the best first step to conquering cravings. Why are you craving something? Are you hungry or just bored? Do your cravings usually strike at this time of day? When was the last time you ate?  So the next time a craving comes on, think about why it’s nagging you — and don’t act on it for 20 minutes. If you’re bored, take a walk or chat with a coworker. Grab a glass of water and add a squeeze of lemon for flavor. And if you’re truly hungry (as in, it’s been 3-4 hours since you ate), then reach for a healthy snack, like an apple with almond butter, turkey slices with whole-grain crackers or unsweetened yogurt with fresh fruit.  **Did you know?** A 15-minute walk can successfully take your mind off that craving. So lace up those sneakers and get outside.  **Resources:**   * [How to Control Cravings at Work](http://www.coreperformance.com/daily/well-at-work/how-to-control-cravings-at-work.html) (EXOS) * [Beat Your Cravings: 8 Effective Techniques](http://diet.mayoclinic.org/diet/eat/beat-your-cravings?xid=nl_MayoClinicDiet_20150202) (Mayo Clinic) * [VIDEO: How to Beat Food Cravings](http://www.howcast.com/videos/317506-how-to-beat-food-cravings/) (Howcast) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Go to Bed Already!** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, go to bed at the same time on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | N/A | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Feeling Energized;Self-Care;Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | The best way to get good sleep is by hitting the hay and waking up at the same hour every day (yes, that includes weekends). Even if you have a day/night-shift work schedule, follow a sleep schedule at least three times a week to help you get a sound snooze. | | Long Description (2,000 char limit): | Sleep experts note that a regular bedtime schedule tends to increase the amount of sleep you get. Even better, it improves the quality of your sleep. So make a point to get to bed at a specific hour. If you have a hard time waking up, set an alarm. Try an alarm clock app set to your favorite song (a much better way to start your day than an annoying chime). This helps your body get into a rhythm; eventually, as you continue going to bed at the same time, you’ll also wake up at the same time — without the alarm clock.   And for all you shift workers: We know it can be especially tough to keep a regular sleep schedule. Check out the resources below to get tips just for you.  *(Source: National Sleep Foundation)*  **Did you know?** Electronic devices — including laptops, tablets, smartphones and TVs — emit light that promote wakefulness. So turn them off at least an hour before you tuck in.  *(Source: National Sleep Foundation)*  **Resources:**   * [5 Health Tips for Night Shift Workers](http://www.coreperformance.com/daily/well-at-work/5-health-tips-for-night-shift-workers.html) (EXOS) * [Coping with Shift Work](http://sleepcenter.ucla.edu/body.cfm?id=54) (UCLA Sleep Disorders Center) * [APP: Pzizz](http://pzizz.com/) * [APP: Relax and Sleep](https://play.google.com/store/apps/details?id=com.mizusoft.relaxandsleep&hl=en) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Move to Boost Your Mood** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, exercise when stressed on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Feeling Energized;Managing Stress & Anxiety;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Can exercise help you manage stress? Experts say that committing to a regular workout can be surprisingly helpful. To ward off stress, anxiety and depression, commit to exercising at least twice a week. | | Long Description (2,000 char limit): | A stressful situation can have mild and more serious effects, impacting your physical and psychological health. For example, being scared (like speaking in front of a crowd), coping with work and taking exams can raise your heartbeat and get you sweating. The good news is that those feelings are normal. The better news is that there are natural ways to help you relax, reduce stress and loosen up. One in particular is easily accessible — exercise! Experts suggest that regular exercise (at least 150 minutes of moderate activity per week) can boost your endorphins, a morphine-like substance your body creates that encourages the brain to renew its positive thoughts.  Be kind to yourself and try not to let the anxiety get the better of you. Don't be afraid to seek help if needed. We all do.  **Exercise is only a complementary technique to help you manage your stress. If experiencing prolonged feelings of sadness, loss of sleep and appetite, weight loss, or irritability, talk to your physician today.**  **Did you know?** Depression is one of the most prevalent mental illnesses in the United States.  *(Source: National Institute of Mental Health)*  **Resources:**   * [Depression - Care & Treatment](https://heartfoundation.org.au/images/uploads/publications/Physical-activity-and-depression.pdf) (Cleveland Clinic) * [Yoga to Calm The Mind: Manage Stress](https://grokker.com/yoga/video/yoga-to-calm-the-mind-manage-stress/517aec0179b166606c001dd8) (Grokker) * [Yoga for Depression](https://grokker.com/yoga/video/yoga-for-depression-30-minute-energizing-yoga-flow/54b69f4221c8c47d6fba33f8) (30 min - Grokker) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Protect Your Back** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, stretch your back for 15 minutes on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Back Health;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | If you relate to the phrase, “Oh, my aching back,” you’re not alone! In fact, 80 to 90 percent of us experience back pain at some point in our lives. But it’s simple to ease your pain and improve your back health - just stretch your back for 15 minutes at least three times a week. | | Long Description (2,000 char limit): | When it comes to back pain, 15 minutes of stretching a day relieves stiffness, alleviates pain and improves posture. And with all the driving and screen time in our lives, keeping good posture is key to a healthy back, because we slouch in so many of our daily activities, like driving and even when sleeping.  Paying attention to what’s causing your back pain is important. Did you lift something heavy? How did you lift it? Do you sit all day in front of a computer without stretching? Are you maintaining a healthy weight? These are all essential questions to discover the source of your pain.  If your back pain is severe or has lasted a few weeks or longer, talk to your doctor. In the meantime, acknowledge your posture, and carve out 15 minutes a day to stretch.  **Did you know?** Back pain is the second most common reason for family doctor visits.  *(Source: Cleveland Clinic)*  **Resources:**   * [24 Hours of Perfect Posture](http://www.coreperformance.com/knowledge/wellness/24-hours-of-perfect-posture.html) (EXOS) * [Posture and Back Health](http://www.health.harvard.edu/pain/posture-and-back-health) (Harvard Medical School) * [Back Pain Treatment Guide](https://my.clevelandclinic.org/ccf/media/files/Spine/back-pain-guide.pdf%20Low%20Back%20Pain) (Cleveland Clinic) * [VIDEO: Yoga for Back Pain](https://grokker.com/yoga/video/back-pain/505bb3dadea46566070000f2) (Grokker) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Beginner Flexibility** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, do 15 minutes of stretching on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Exercise & Fitness;Managing Stress & Anxiety;Self-Acceptance | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Many people are afraid of yoga because they think they’re not flexible enough. But yoga isn’t about getting your foot behind your head — it’s about becoming aware of how your body feels and what it needs. So give it a try! Commit to 15 minutes of yoga three times a week. | | Long Description (2,000 char limit): | Yoga is for everyone, including YOU. Beginning yoga teaches you how and when to take a deep breath, to control your emotions, and to stay calm and relaxed (in life as much as in the yoga studio). It guides you through simple postures, helping improve your blood circulation and release tension in your muscles. It also helps you learn when to take a break and how to meditate to quiet your mind. And believe it or not, this practice leads to flexibility over time. Until then, remember: Flexibility Not Required.  **Before you begin your practice:**   * **Warm up.** Take a few minutes to stretch to get your blood flowing and get you in the zone. * **Tune out.** Turn off your electronics and leave distractions at the door. * **Gaze inward.** We often acknowledge other people's feelings — but not our own.Take a moment to look within yourself and accept your emotions, without worry or judgment. Consciously perceiving your feelings and thoughts gives you clarity.   **Did you know?**  The National Center for Complementary and Integrative Health stated in a [survey](https://nccih.nih.gov/research/statistics/NHIS/2012/mind-body/yoga) published in February 2012 that 9.5 percent of U.S. adults (that’s 21 million) practice yoga. *(NCCIH)*  **Resources:**   * [Yoga For Complete Beginners - 20 Minute Home Yoga Workout](https://grokker.com/yoga/video/yoga-for-complete-beginners-20-minute-home-yoga/543d6ec25b59531105006de9) (Grokker) * [Restorative Yoga](http://www.yogajournal.com/category/poses/types/restorative/) (Yoga Journal) * [Gentle Yoga Flow](https://grokker.com/yoga/video/gentle-yoga-flow/510db44dc4d88e842d0009c8) (Grokker) * [5 Best Tips to Get Started Doing Yoga](http://health.clevelandclinic.org/2014/06/5-best-tips-to-get-started-doing-yoga/) (Cleveland Clinic) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Pantry Overhaul** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, clean your pantry | | DEVICE-ENABLED: |  | | DATES: | 04/03/17 – 07/02/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar;Healthy Weight;Making & Keeping Commitments;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Healthy eating starts with the food you’ve got on hand. So set aside an hour, turn on some music and prepare those shelves for healthy meals ahead! Clear your pantry of packaged, highly processed foods and stock it with healthy choices like spices, oils and beans. | | Long Description (2,000 char limit): | **When it comes to cleaning the pantry, here's what to toss:**   * Anything past its expiration date * Anything highly processed (chips, cookies, crackers and soda) * Anything that falls into the “box mix” category * Foods with trans-fats, artificial sweeteners or high-fructose corn syrup (check those labels) * Low-cal drink mix (you're better off with water)   Wondering what you should keep? [Check out this great guide](http://www.cooksmarts.com/cooking-school-101/creating-a-functional-kitchen/pantry-essentials/) to building a pantry stocked with healthy oils, spices, nuts, whole grains, low-sodium broths and beans.  **Did you know?** You can donate any non-perishable food items — like canned goods and unopened packaged food — to a local food bank. [Here's how to find one near you](http://www.feedingamerica.org/find-your-local-foodbank/).  **Resources:**   * [Stock Your Pantry with These Healthy Items](http://diet.mayoclinic.org/diet/eat/stock-your-pantry?xid=nl_MayoClinicDiet_20141104) (Mayo Clinic) * [VIDEO: Healthy Pantry Makeover](http://www.wholefoodsmarket.com/healthy-eating/healthy-pantry-makeover) (Whole Foods Market) * [VIDEO: A Tour of My Real Food Pantry](http://www.100daysofrealfood.com/2014/01/17/video-tour-real-food-pantry/) (100 Days of Real Food) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Learn a New Skill** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, commit to learning a new skill on at least 5 separate days | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Leadership;Work Growth | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Learning a new skill can help you do your job better, increase your self-confidence and make you more desired as an employee. So, commit to your own career success by learning a new skill on at least five separate days. | | Long Description (2,000 char limit): | Expanding your knowledge is necessary to move forward in a constantly evolving business world. Identify the skills necessary for your personal career development, and start learning.  **Try some of these career growth tips:**   * **Find the missing gaps:**Identify the difficult tasks that prevent you from being efficient or reaching your goals. Would learning a new skill help you move forward without asking for help? * **Invest time:** Developing a new skill is not easy. You have to set structured time aside, commit to completing your goal within a specific timeframe and track your progress. * **Seek support:**There are plenty of resources to help you perfect a new skill. You can watch online tutorials, review blogs and expert articles. You can reach out to your colleagues and even subject matter experts.   Ready to take charge of your career and commit to growing?  *(Sources:*[*Oecd.org*](https://www.oecd.org/g20/summits/toronto/G20-Skills-Strategy.pdf)*,*[*The Guardian*](http://www.theguardian.com/careers/careers-blog/keeping-professional-development-continuous)*)*  **Resources:**   * [4 Ways to Become More Disciplined](https://www.youtube.com/watch?v=dqu6EQDrm_k) - video (Brendon.com) * [Adapting to Change in a Rapidly Changing Business Environment](http://fmlink.com/articles/adapting-to-change-in-a-rapidly-changing-business-environment/)- specific to supervisors (BOMI) * [12 Powerful Ways to Grow in Your Career](http://www.inc.com/aaron-skonnard/12-powerful-ways-to-grow-in-your-career.html) (Inc) * [How to Master a New Skill](https://hbr.org/2012/11/how-to-master-a-new-skill) (HBR) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Arm Yourself Against the Flu** | | POINTS: | 125 | | TRACKING DETAILS: | One-Time To complete this, get a flu shot | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Resilience;Resources & Support;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Every year, up to 20 percent of the population gets the flu, but you can prevent it by getting an annual flu shot. Commit to your health and get vaccinated today - at your doctor’s office, a local clinic or drugstore or an on-site flu shot program at your workplace. | | Long Description (2,000 char limit): | You know the drill: fever, aches, sore throat. It’s the flu – and it’s no fun. Getting a flu shot keeps all that at bay; you can get vaccinated as early as September (assuming the vaccine is available), but try to get your flu shot before January/February when flu season typically peaks. Find out if your employer offers on-site flu shots - and if not, whether they’re covered by your benefit plan.  *(Source:*[*CDC*](http://www.cdc.gov/flu/protect/keyfacts.htm)*)*  **Did you know?** Flu shots protect people who are at greater risk of getting seriously ill from the flu, like older adults, people with chronic health conditions and young children (especially infants younger than six months old who are too young to get vaccinated). *(Source:*[*CDC*](http://www.cdc.gov/flu/about/qa/vaccineeffect.htm)*)*  **Resources:**   * [Learn About the Flu](http://www.cdc.gov/flu/keyfacts.htm) (CDC) * [Learn About the Flu Vaccine](http://www.cdc.gov/flu/protect/keyfacts.htm) (CDC) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **New Year's Resolution Check-in** | | POINTS: | 150 | | TRACKING DETAILS: | One-Time To complete this, check-in on your resolution | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Growth;Knowing Yourself;Life Meaning | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | If you have trouble keeping your New Year's resolutions, you're not alone. According to the Journal of Clinical Psychology, only 8 percent of people who make resolutions successfully achieve them. But it's not too late - revisit your resolutions and recommit to one. | | Long Description (2,000 char limit): | Maintaining a healthy weight, getting organized, saving money - these are some of the most popular New Year's resolutions. Yet only half of Americans stick with their resolution beyond June.  So how are you doing with your resolutions this year? If you've lapsed on them, think about why. Did you set the bar too high - say, trying to hit the gym every day? Or quitting sugar, instead of reducing it? Research shows that starting small and changing one behavior at a time pays off big time, so go easier on yourself to boost your odds of success. Understanding what motivates you will also help you develop an action plan. For example, maybe you're more likely to succeed if you're competing with others or are held accountable for meeting your goal (say, meeting with a friend or personal trainer to work out).  To recommit to a resolution, pick one that fell by the wayside and start over. Even though that feels hard, all's not lost! Start small - a quick walk around the block or even just one push-up - and keep trying. Remember that change takes time and use each attempt to discover personal pitfalls, then plan strategies to hop those hurdles. Most important, stay committed and be patient with yourself.  *(Source:*[*American Psychological Association*](http://www.apa.org/helpcenter/resolution.aspx)*,*[*Journal of Clinical Psychology*](http://www.statisticbrain.com/new-years-resolution-statistics/)*,*[*Harvard Business Review*](https://hbr.org/2015/03/to-form-successful-habits-know-what-motivates-you)*)*  **Did you know?**  Nearly half of Americans make New Year's resolutions every year.  *(Source:*[*University of Scranton*](http://www.statisticbrain.com/new-years-resolution-statistics/)*)*  **Resources:**   * [Making Your New Year's Resolution Stick](http://www.apa.org/helpcenter/resolution.aspx) (American Psychological Association) * [Why It's Not Too Late to Make a New Year's Resolution](http://www.npr.org/2016/01/18/463220298/why-its-not-too-late-to-make-a-new-years-resolution) (NPR) * [Checking In On Your New Year's Resolutions](http://www.witf.org/food-travel-central-pa/2014/02/checking-in-on-your-new-years-resolutions.php) (WITF) * [To Form Successful Habits, Know What Motivates You](https://hbr.org/2015/03/to-form-successful-habits-know-what-motivates-you) (Harvard Business Review) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Visit a State Park** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, visit a state park at least 3 by end date | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Appreciating Life;Back Health;Exercise & Fitness;Healthy Weight | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | The weather is getting warmer and there is no better time of year to visit one of Washington's beautiful state parks this summer either by yourself, with a friend or the whole family. | | Long Description (2,000 char limit): | Check out [this](http://www.parks.wa.gov/)website to find state parks that are open this time of year! | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Weed Your Garden** | | POINTS: |  | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, tend to your garden at least 3 by end date | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Appreciating Life;Back Health;Exercise & Fitness;Managing Stress & Anxiety;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Enjoy the beautiful summer outdoors while you tend to your garden at least 5 times. | | Long Description (2,000 char limit): | In addition to being a source of fresh, healthy produce, gardening can ease stress, keep you limber, and even improve your mood.  Here are just a few of the ways gardening can benefit your physical and mental health, and how you can start harvesting those benefits for you and your family.   1. Stress Relief 2. Better Mental Health 3. Exercise 4. Brain Health 5. Nutrition   You don't need a big backyard or a green thumb to benefit from gardening. If you have very little space or experience, you can start out with just a few houseplants, or you could even try gardening in containers.  Community urban gardens are a great way to get started if you have limited space or want to share the experience with others in your community.  Resources: [Seattle Tilth](http://www.seattletilth.org/our-community/urbanagfoodgroups) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Soda Swap** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, swap soda for water on at least 4 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar;Healthy Weight;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | If you’ve replaced regular soda with its diet counterpart, congrats! Now take it up a notch and reach for good ol’ H2O instead of soda at least once a day. Water keeps you hydrated, which sustains your energy, flushes out toxins and aids in absorbing nutrients. | | Long Description (2,000 char limit): | Diet soda is certainly better than regular, but its artificial sweeteners increase your desire for high-calorie food, putting you at risk for gaining weight. Some research shows that the caramel coloring in sodas leads to insulin resistance, increasing your risk of developing Type 2 diabetes.  On the other hand, the benefits of water are numerous: It regulates body temperature, aids in absorbing nutrients, lubricates the joints and spine, and helps the heart pump blood through your vessels. Plus, it’s free from your tap, has no additives or preservatives, and is delicious with a hefty squeeze of lemon.  **Did you know?** People who drink a daily diet soda have a 36 percent greater risk of metabolic syndrome — and a 67 percent greater risk of developing Type 2 diabetes — than those who skip soda altogether. | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Control Emotional Eating** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, avoid emotional eating on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Nutrition;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Sometimes stress gets the better of us — after all, we’re human, and life can be a challenge. But emotional eating can lead to unhealthy choices. Instead of snacking, take extra good care of yourself when you're stressed by taking a walk, hot bath, yoga class or chatting with a friend. | | Long Description (2,000 char limit): | It’s totally normal and OK to have the blues, but you don’t want to feel worse by sacrificing your well-being. You can best tame emotional eating by being mindful. If you acknowledge that you’re upset, you can think about how to divert the craving by taking care of yourself. Call a friend to talk through what’s on your mind. Write down how you feel. Head to the gym or a restorative yoga class. Whatever you choose, keep the focus on activities that are healthy, relaxing and nourishing for both your mind and body.  **Did you know?** People who are burned out at work are more likely to indulge in emotional eating or uncontrolled eating.  **Resources:**   * [Weight Loss: Gain Control of Emotional Eating](http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342) (Mayo Clinic) * [5 Strategies to Help You Stop Emotional Eating](http://health.clevelandclinic.org/2015/05/5-strategies-to-help-you-stop-emotional-eating/) (Cleveland Clinic) * [VIDEO: Avoid Food Traps When You’re Stressed](http://www.coreperformance.com/daily/nutrition/avoid-food-traps.html) (EXOS) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Take a Load Off** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, elevate your legs for 15 minutes on at least 5 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Our legs support us all day long - and work hard to take us places! But prolonged standing can lead to low back pain, muscle pain, swelling and tiredness. So take a load off - at least five times a week, lie down and elevate your legs above heart level for 15 minutes. | | Long Description (2,000 char limit): | Here’s more reason to take a load off: Evidence-based research found that prolonged standing (especially in one place) can cause varicose (enlarged) veins, burst capillaries and tissue inflammation. This leads to poor circulation and increased risk of cardiovascular problems. So kick back! Simply elevating your legs for at least 15 minutes keeps blood circulating, decreases swelling and tiredness, and minimizes your risk of more serious health issues.  *(Source: Cleveland Clinic, Centers for Disease Control, Gaiam)*  **Did you know?**  Your feet bear the brunt of all your daily activity. Help them out by maintaining a healthy body weight.  **Resources:**   * [Chronic Venous Insufficiency (CVI)](http://my.clevelandclinic.org/services/heart/disorders/hvi_chronic_venous_insufficiency) (Cleveland Clinic) * [How to Choose the Best Shoes For Your Feet](http://health.clevelandclinic.org/2014/05/how-to-choose-the-best-shoes-for-your-feet-infographic/) (Cleveland Clinic) * [PODCAST: Healthy Feet are Happy Feet](http://www2c.cdc.gov/podcasts/player.asp?f=7240) (Centers for Disease Control) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Two Million Steps** | | POINTS: | 200 | | TRACKING DETAILS: | Team To meet the challenge, your team must collectively exercise at least 2000000 steps | | DEVICE-ENABLED: | Yes | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Healthy Weight;Heart Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | A little friendly competition never hurt anyone! In fact, when it comes to walking, it’s good for you, helping maintain a healthy weight and strengthening your heart. For this challenge, your team must collectively walk 2,000,000 steps. It sounds daunting, but those steps add up fast! | | Long Description (2,000 char limit): | Grab your jacket, lace up your shoes and get ready to win the race. Trust us - it’s not just great exercise, it’s really fun. And don't let the big number scare you; just 10,000 steps is the approximate equivalent of walking five miles. You can easily achieve that in a day, so imagine how many steps your team will walk before the challenge ends! Some ways to get your steps:   * Take the stairs instead of the elevator or escalator * Take a 30-minute walk during your lunch break * Forget the conference room - instead, head out for a walking meeting * Get up earlier and head out for a brisk morning walk * If you’re more of a night owl, take a sunset walk after dinner   Here’s how to get started:   * Wear a comfortable pair of sneakers, with plenty of support and cushion * Be prepared for the weather - warm coat, raincoat, boots, gloves, hat. Keep them together (and conveniently located) to make it easy to walk. * After your walk, log your steps. If you don’t want to log them manually, [connect a device](https://limeade.com/user/settings.aspx?tab=6) with your and your steps will be tracked automatically. * You can walk, jog or run - whatever you prefer. A tracking device or app will track your steps regardless of your speed, so move at your own pace.   **Did you know?**  Walking just 20 minutes a day will burn seven pounds of fat in a year.  *(Source:*[*American College of Sports Medicine*](http://www.acsm.org/docs/default-source/other-documents/SG-CTAWW/healthbenefitsofwalking_final.pdf?sfvrsn=0)*)*  **Resources:**   * [The Best Fitness Trackers for 2015](http://www.pcmag.com/article2/0,2817,2404445,00.asp) (PC Magazine) * [The 25 Best Fitness Apps](http://www.pcmag.com/article2/0,2817,2485287,00.asp) (PC Magazine) * [How to Actually Walk 10,000 Steps a Day](http://www.mindbodygreen.com/0-22099/how-to-actually-walk-10-000-steps-a-day-even-if-you-hate-walking.html) (MindBodyGreen)   ***Exercise safely! If you have any concerns about your joints, ankles, knees or hips, talk to your physician before joining the challenge.*** | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Bill-by-Bill** | | POINTS: | 150 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, lower a monthly bill on at least 1 separate days | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You can't eliminate expenses such as groceries and insurance bills, but you can often reduce how much you spend. And who doesn't want extra cash in their pocket? Take steps to lower at least one of your monthly bills. | | Long Description (2,000 char limit): | With a little planning, you can decrease your monthly bills in one of two ways: You can shop around to lower your payments, or you can cut back on necessities.  Here's how:   * Cable: It's hard to find a cable package for less than $60 per month. Consider signing up for streaming services, like Netflix and Hulu.com, for a lot less. * Phone: Call your provider, and ask for current promotions - then shop around. * Utility: Replace regular light bulbs with LEDs or compact fluorescent bulbs, and turn off the lights when you leave a room. * Car insurance: Find the most coverage for the lowest premium by comparing insurance plans against each other. Call different providers to ask for free quotes and information. * Food: Make a meal plan for the whole week. Then, shop only once a week and stick to your grocery list. Try to avoid buying other items.   Someone once said, "Success in life is directly proportional to the number of awkward conversations you're willing to have.” So don't shy away from negotiations - that's money in your pocket.  **Did you know?**  Women control as much as 80 percent of all spending in U.S. households.*(Source:*[*Trueship.com*](http://www.trueship.com/blog/2015/12/21/a-year-in-review-16-insanely-unbelievable-online-shopping-facts-from-2015/#.Vyef66ukw65)*)*  **Resources:**   * [Find the Best Cheap Car Insurance](https://www.nerdwallet.com/blog/insurance/best-cheap-car-insurance/)(NerdWallet.com) * [Tips: Heating and Cooling](http://energy.gov/energysaver/tips-heating-and-cooling) (Energy.gov) * [5 Big Bills You Can Cut Fast](http://www.bankrate.com/finance/personal-finance/5-big-bills-you-can-cut-fast-1.aspx)(Bankrate) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Feed Your Mood** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, eat light before bed on at least 4 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Healthy Weight;Nutrition;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | What we eat affects how we sleep. Ideally, you’d have a healthy dinner, then try not to eat at least two hours before bedtime. But if you’re hungry, that can make it hard to sleep too, so choose a light, easily digestible snack before bed four days a week. | | Long Description (2,000 char limit): | Staying up late at night prompts many of us to reach for high-calorie foods — which isn’t ideal because what we eat impacts how we feel. What should you eat? Choose a small snack that mixes carbs and protein, like a few crackers with peanut butter or turkey. Turkey contains tryptophan, an amino acid associated with making you feel sleepy. Once tryptophan reaches the brain, it converts into serotonin, which can either boost your mood or produce healthy sleeping patterns. So yes, what you eat matters. For more information on foods that can help you sleep review the resources below.  **Did you know?**  If you get hungry at night, try a glass of milk. It contains the amino acid L-tryptophan, which can help people fall asleep.  **Resources:**   * [5 Foods That Help You Sleep](http://health.clevelandclinic.org/2014/06/5-foods-that-help-you-sleep/) (Cleveland Clinic) * ["Study explains what triggers those late-night snack cravings."](http://www.ohsu.edu/xd/about/news_events/news/2013/04-29-study-explains-what-trig.cfm) (Oregon Health & Science University - Video) * [Got the Midnight Munchies? Try These 4 Substitute Snacks](http://health.clevelandclinic.org/2014/05/got-the-midnight-munchies-try-these-4-substitute-snacks/) (Cleveland Clinic) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **The Magic Hour** | | POINTS: | 75 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, relax for an hour before bed on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Self-Care;Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You’re committed to getting things done, but to sleep soundly, you need time to unwind. So as bedtime approaches, resist the urge to check off one more thing on your to-do list or catch up on email. Instead, relax for one hour before bed three times a week. | | Long Description (2,000 char limit): | One hour before you plan on hitting the hay, dim the lights, power down your devices and do something relaxing. Try reading a book, taking a hot bath, doing some gentle stretches or deep breathing. All of these things let your body know it's time to wind down, which will help you fall asleep quicker — and sleep sounder, Although it's tempting to play catch-up at the end of the day, avoid any task that's mentally or physically activating, like chores, work or paying bills. Take this last hour for yourself. Aim for the recommended 7-8 hours of sleep to rejuvenate your mind and body and lower your risk of heart disease, cancer, depression and obesity.  *(Source: Cleveland Clinic)*  **Did you know?** Ninety-five percent of Americans are heavy technology users in the hour before sleep. But light-emitting screens prevent the release of sleep-inducing melatonin and promote wakefulness, making it more difficult to get your zzz's.  *(Source: National Sleep Foundation)*  **Resources:**   * [What You Need to Know About Sleep: One of Life's Necessities](https://my.clevelandclinic.org/services/neurological_institute/sleep-disorders-center/patient-education/hic-what-you-need-to-know-about-sleep-one-of-lifes-necessities) (Cleveland Clinic) * [7 Keys to a Good Night's Sleep](http://www.coreperformance.com/daily/live-better/7-keys-to-a-good-nights-sleep.html) (EXOS) * [VIDEO: How to Get More Sleep](http://www.howcast.com/videos/386233-how-to-get-more-sleep/) (Howcast) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Set Boundaries** | | POINTS: | 150 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, set boundaries on at least 3 separate days | | DEVICE-ENABLED: |  | | DATES: | 07/03/17 – 09/30/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Feel like everyone's problem is yours too? Setting boundaries can be tough, but it's one of the healthiest things you can do for yourself. So express your needs (and let others take care of their own) by setting boundaries - at work, at home or both - on three separate occasions. | | Long Description (2,000 char limit): | Learning to set boundaries is a process - and a necessary one to reach personal freedom. (Remember what they tell you on an airplane: Secure your own oxygen mask before helping others.)  So what does it mean to set boundaries? It's about openly (and assertively) communicating your needs to others. And if you feel you take on too much, constantly help others or always say yes, it's a good way to reduce stress and ensure you take care of your own needs. If this is new for you, it can feel unsettling. But keep in mind that if others care about your well-being, they'll understand. The best thing you can do for yourself (and your self-esteem) is to make sure your needs are met. And when you set boundaries, you also empower others to do the same for themselves, which boosts their self-esteem and diminishes their feelings of hopelessness and fear.  **Did you know?**  Saying no sometimes feels like we're alienating others, but it can lead to a more authentic, closer relationship where we feel safe to speak the truth.  *(Source:*[*Oxford Leadership Journal*](http://www.oxfordleadership.com/journal/vol2_issue1/ury.pdf)*)*  **Resources:**   * [Setting Boundaries with Difficult People](https://www.ipfw.edu/affiliates/assistance/selfhelp/relationship-settingboundaries.html) (Indiana University) * [The Emotional Boundaries You Need at Work](https://hbr.org/2014/07/the-emotional-boundaries-you-need-at-work) (Harvard Business Review) * [The Power of a Positive No](http://www.oxfordleadership.com/journal/vol2_issue1/ury.pdf)(Oxford Leadership Journal) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Cold Weather Cooking** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, prepare a healthy winter meal on at least 2 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Healthy Weight;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Winter often makes us crave unhealthy comfort foods (macaroni and cheese, anyone?). But you can make meals that are both healthy AND hearty, like casseroles, soups and stews filled with lean meats and winter vegetables. Try it at least twice a week and enjoy some good-for-you comfort food. | | Long Description (2,000 char limit): | Fresh produce isn’t just for summer anymore. In winter, root vegetables are abundant, not to mention inexpensive. They also contain healthful fiber and slow-digesting carbohydrates (also known as “good carbs”). So go beyond the standard potatoes and carrots, and try sweet potatoes, turnips, beets and parsnips — all are great for roasting, sautéing and rounding out stews.  It’s also the perfect time of year to try your hand at a homemade roast (start with a chicken, which is much easier than you might think). Paired with roasted root vegetables, it’s a healthy, hearty, delicious meal — and if you plan for leftovers, you’ll have lunch ready to go the next day.  Finally, if you’ve never made a soup or stew, chilly weather is the perfect time to give it a go. Many can be simply prepared in one pot and are ready in an hour or less. Leftovers here are also spectacular, as the flavors get richer overnight. So make more than you need, then enjoy the next day or freeze for a quick dinner down the road.  *(Source:*[*Dr. Andrew Weil*](http://www.drweil.com/drw/u/RCP00221/roasted-root-vegetables.html)*)*  **Did you know?**  Eating your veggies is key to warding off winter colds and flu. Broccoli, cauliflower and turnips are high in Vitamin C, which is associated with enhanced immune function. And carrots provide a boost of beta-carotene, an antioxidant that protects the body from free radicals.  *(Source:*[*Cleveland Clinic*](https://health.clevelandclinic.org/2013/02/5-foods-for-winter-weather/)*)*  **Resources:**   * [Oven-Roasted Root Vegetables](http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-root-vegetables-recipe.html) (Food Network) * [Roast Chicken](http://orangette.net/2015/06/one-tuesday-late-morning/) (Orangette) * [Turkey, Kale and Brown Rice Soup](http://www.foodnetwork.com/recipes/giada-de-laurentiis/turkey-kale-and-brown-rice-soup-recipe.html) (Food Network) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Step Into Fall** | | POINTS: | 150 | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, exercise at least 40000 steps by end date | | DEVICE-ENABLED: | Yes | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Healthy Weight;Heart Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Sorry, summer - but fall’s crisp air and gorgeous colors might make this the BEST season for being active outdoors. With the sizzling days of summer behind us and the blustery days of winter ahead, it’s the perfect time to grab your walking shoes and log 40,000 steps by. | | Long Description (2,000 char limit): | Can you think of a better way to get the “full-on fall” experience than with seasonal strolls? Walking is a great way to get and stay fit - and now is the perfect time of year to make it a healthy habit. For this challenge, walk **40,000 steps by the end of the challenge.** Wondering how to squeeze in more steps? Trying walking first thing in the morning, after dinner, [take a walking meeting](https://hbr.org/2015/08/how-to-do-walking-meetings-right) or doing your errands on foot. Or try these fun ways to “step” into fall:   * **Take a Hike:** The hills are alive…with color! Grab your boots and hit the trails to get up-close-and-personal with the fall splendor. * **Tree Trek:** There’s nothing like crunching leaves under your feet on a fall run or walk. Be sure to snap some pics from your favorite foliage path. * **Out in the Orchard:** Picking apples is oh-so-fall. It’s also a perfect way to get your steps AND snag yourself a healthy, lip-smacking-good snack at the same time.   **Did you know?** Walking just 20 minutes a day will burn seven pounds of fat in a year.  *(Source: American College of Sports Medicine)*  **Resources:**   * [The Best Fitness Trackers for 2016](http://www.pcmag.com/article2/0,2817,2404445,00.asp) (PC Magazine) * [The 25 Best Fitness Apps for 2016](http://www.pcmag.com/article2/0,2817,2485287,00.asp) (PC Magazine) * [How to Actually Walk 10,000 Steps a Day](http://www.mindbodygreen.com/0-22099/how-to-actually-walk-10-000-steps-a-day-even-if-you-hate-walking.html) (MindBodyGreen)   **Exercise safely! If you have any concerns about your joints, ankles, knees or hips, talk to your physician before joining the challenge.** | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Avoid Impulsive Shopping** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, avoid impulse shopping on at least 10 separate days | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Have you ever wanted to buy something just because? You're not alone. Impulse purchases represent almost 40 percent of all money spent on e-commerce sites. So for this challenge, avoid impulse shopping on at least 10 separate occasions. | | Long Description (2,000 char limit): | What triggers your shopping behavior? Do you cope with stress or anxiety by spending money? Unfortunately, it could lead to more harm as your wallet gets thinner. Each unplanned purchase is a financial decision that has little to do with how much money you have in your bank account. When you catch yourself impulse shopping (no matter how small the purchase may seem), carefully consider whether it's worth it.  *(Sources: [BettaBait](http://betabait.com/the-impulse-shopping-fact-sheet/" \t "_blank),*[*NCBI*](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1805733/)*)*  **How to prevent shopping binges:**   * Stick to your shopping list * Avoid unplanned store visits or online shopping * Set a discretionary budget per month - and don't spend more than that amount   *Note: If you can't control your spending habits, seek professional counseling.*  **Did you know?**  The two most influential factors when making a spontaneous purchase are the "special sale price" and free shipping.  *(Source:*[*UIE*](https://www.uie.com/publications/whitepapers/ImpulseBuying.pdf)*)*  **Resources:**   * [How to Stop Impulsive Shopping](https://www.youtube.com/watch?v=VkTdUAcTLMU) - video (ABC News) * [5 Steps to Stop Compulsive Shopping](http://www.bankrate.com/finance/personal-finance/5-steps-to-stop-compulsive-spending-1.aspx) (Bankrate.com) * [What Causes Consumers to Buy on Impulse](https://www.uie.com/publications/whitepapers/ImpulseBuying.pdf) - pdf (UIE) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **End the Insomnia** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, end insomnia | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Energy Level;Feeling Energized;Self-Care;Sleep | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | If you have trouble falling asleep or staying asleep, you’re not alone. An estimated 50-70 million have a sleep disorder that makes it tough to get a good night’s snooze. If you’re not getting quality sleep at least three nights a week for three months or longer, see a sleep specialist. | | Long Description (2,000 char limit): | It’s incredibly frustrating when you can’t get your zzz’s. Keeping a regular bedtime, winding down an hour before bed, yoga and meditation have all been known to help. Same for shutting down your devices at least 30 minutes before you hit the hay, and avoiding stimulants like caffeine, alcohol and nicotine. But if you’ve tried just about everything and still can’t fall or stay asleep, seeing a sleep specialist is your next step, especially if you have trouble concentrating, lack of energy or nod off during the day. A sleep specialist will help you understand why you’re not getting proper sleep and provide a treatment plan that, well, puts an end to the nightmare - and a start to sweet dreams.  *(Source: National Sleep Foundation)*  **Did you know?**  [Chronic insomnia can be caused by a number of issues](https://sleepfoundation.org/insomnia/content/what-causes-insomnia) - such as medical conditions, lifestyle, medications, alcohol, caffeine, nicotine, anxiety, depression and sleep apnea.  *(Source: National Sleep Foundation)*  **Resources:**   * [Insomnia](https://sleepfoundation.org/insomnia/home) (National Sleep Foundation) * [Mindfulness Meditation Helps Fight Insomnia, Improves Sleep](http://www.health.harvard.edu/blog/mindfulness-meditation-helps-fight-insomnia-improves-sleep-201502187726) (Harvard Medical School) * [Find a Sleep Specialist Near You](http://www.sleepeducation.org/find-a-facility) (American Academy of Sleep Medicine) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Stimulant-Free Sleep** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, avoid stimulants after noon on at least 4 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Drinking Moderately;Self-Care;Sleep;Smoke-Free Living | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Caffeine and nicotine give you a jolt of energy during the day, but they can make it tough to get a good night’s sleep. And sleep is key to energy, concentration, weight loss and effectively coping with stress. For a sound snooze, try avoiding these stimulants after noon. | | Long Description (2,000 char limit): | Studies show that caffeine and nicotine inhibit sleep by promoting alertness. For example, when caffeine is consumed after noon, it may be harder to fall asleep, stay asleep or get quality sleep. Even alcohol — a depressant — has stimulant effects as it’s metabolized during sleep. So while you might find that a glass of wine or cocktail helps you fall asleep, it eventually causes you to wake up, sweat profusely and even have nightmares.  Four days a week, see how you feel when you cut back on these stimulants. If you enjoy having a nightcap, fill your wine glass with herbal tea or lemon water. If a snack helps curb a craving, try some turkey slices or peanut butter with whole-grain crackers.  **Did you know?** You can feel caffeine’s effects in as little as 15 minutes, and it takes about six hours for one-half of the caffeine consumed to leave your body.  **Resources:**   * [Caffeine Dependence](http://www.hopkinsmedicine.org/psychiatry/research/BPRU/docs/Caffeine_Dependence_Fact_Sheet.pdf) (Johns Hopkins University School of Medicine) * [Why You Should Limit Alcohol Before Bed](http://health.clevelandclinic.org/2014/12/why-you-should-limit-alcohol-before-bed-for-better-sleep/) (Cleveland Clinic) * [How Food and Drink Affect Your Sleep](https://sleepfoundation.org/bedroom/taste.php) (National Sleep Foundation) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Visit a State Park** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking by End Date, Numeric To complete this challenge, visit a state park at least 3 by end date | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Appreciating Life;Back Health;Exercise & Fitness;Healthy Weight | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You can't beat fall weather in the northwest!  Enjoy the shanging colors and visit one of Washington's beautiful state parks this fall either by yourself, with a friend or the whole family. | | Long Description (2,000 char limit): | Check out [this](http://www.parks.wa.gov/)website to find state parks that are open this time of year! | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Indoor No More (Winter)** | | POINTS: | 50 | | TRACKING DETAILS: | Tracking Weekly, 1x/day To complete this challenge, spend one hour outdoors on at least 3 separate days each week | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Exercise & Fitness;Feeling Energized;Work-Life Balance | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | You might be tempted to just stay inside because it’s not warm and dry. Don’t! Stay active even when it’s cold out to beat the winter blues and get the exercise you need. **Enjoy one hour of exercise at least three times per week.** | | Long Description (2,000 char limit): | Exercising is the single and most important thing you can do for your health, even during the winter. It helps you improve your circulation, keeps you warm, strengthens your heart, improves your sleep, and makes you feel more relaxed and rested. Explore nearby recreational areas, such as trails, slopes and hidden forest pathways. A simple walk — one to two hours daily — can do the trick as well. Got snow? See our recommendations below.  *Note: Before exercising, make sure to review the*[*Winter Sport Safety Tips*](http://info.ridgeviewmedical.org/ridgeviewblog/winter-sports-safety-how-to-prepare-for-cold-weather-exercise)  **Fun winter activities:**   * Cross country and downhill skiing * Snowshoeing * Skiing and snowboarding * Ice-skating * Snow shoveling (take it easy and make sure to review this [winter weather precautions](https://www.osha.gov/dts/weather/winter_weather/hazards_precautions.html))   **Fun winter activities for kids:**   * Build a snow fort or have a snowball fight * Take a winter hike and collect pine cones * Build a snowman   *(Source:*[*Ridgeview Medical Center*](https://app.liquidplanner.com/space/124120/projects/show/30556507)*)*  **Did you know?** Hypothermia is most likely at very cold temperatures, but it can occur above 40°F if a person becomes chilled from rain, sweat or submersion in cold water. *(Source:*[*CDC*](http://emergency.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp)*)*  **Resources:**   * [Winter's Top Calorie Burning Exercises](https://www.youtube.com/watch?v=WFmaB4HvMgc) - video (Fitness expert John Basedow) * [How to Exercise in Cold Weather](http://www.womenshealthmag.com/fitness/workout-in-the-cold) (Women’s Health) * [Winter Outdoor Games](http://www.healthunit.org/physact/winteractive/winter%20outdoor%20games.pdf) pdf (Health Unit) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Swap Holiday Sweets for Healthier Treats** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, swap sweets for a healthy option on at least 10 separate days | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Healthy Blood Sugar;Healthy Weight;Heart Health;Nutrition | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | The holidays are here, bringing good times, good cheer — and sweet treats that make it easy to go overboard on sugar. While it’s OK to indulge a little, swap out those sweets for a healthier option at least 10 times this season — your energy level (and waistline) will thank you! | | Long Description (2,000 char limit): | There are so many great ways to reduce sugar in your diet — and it doesn't mean always choosing carrots over cookies. As often as possible, opt for a healthier alternative, particularly during the holidays when office treats, holiday parties and dessert buffets are there for the grazing. Try the following "sweet swaps" to satisfy cravings without compromising healthy eating.  Instead of soda, energy drinks or fruit drinks, try:   * **Fruit spritzers:** Sparkling water plus a small splash of 100 percent fruit juice * **Aqua fresca:** Water flavored with mint leaves, orange slices or cucumber   Instead of muffins, cakes and cookies, try:   * **100 percent fruit and nut mixes** * **Natural sweetness:** Substitute applesauce or mashed cooked sweet potatoes for some of the sugar in your favorite muffin, cookie or cake recipes   Instead of bottled barbecue sauces and salad dressings, try:   * **Simple, easy homemade vinaigrettes,** such as [citrus drizzle](https://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Super-Simple-Citrus-Drizzle-Quick-Salad-Dressing_UCM_465496_RecipeDetail.jsp) or [vinegar and oil](https://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Simplest-Vinegar-Oil-Quick-Salad-Dressing_UCM_465685_RecipeDetail.jsp) * **Light yogurt-based homemade dressings,** such as [creamy ginger](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Creamy-Ginger-Quick-Salad-Dressing_UCM_465695_RecipeDetail.jsp), or simply mix plain low-fat Greek yogurt with fresh herbs, chopped garlic and skim milk * [**Homemade barbecue sauce**](http://paleogrubs.com/bbq-sauce-recipes)   *(Source:*[*American Heart Association*](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingwithHeart/Sweet-Swaps-Finding-Alternatives-to-Sugary-Foods_UCM_474525_Article.jsp#.Vr4BypMrInU)*)*  **Did you know?**  The average Americans consumes more than 22 teaspoons of sugar a day. That’s 88 grams - more than twice the recommended amount for men (36 grams / 9 teaspoons a day) and almost four times as much as the recommendation for women (24 grams / 6 teaspoons a day).  *(Source:*[*Harvard School of Public Health*](http://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/)*)*  **Resources:**   * [Sweet Swaps: How to Stay Healthy During the Holidays](http://parade.com/444722/alison-abbey/sweet-swaps-how-to-stay-healthy-during-the-holidays/) (Parade) * [Holiday Meal Planning: Fitting in Sweets](http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/making-sugar-count-during-the-holidays.html) (American Diabetes Association) * [Placing a Cap on Americans' Consumption of Added Sugars](http://well.blogs.nytimes.com/2015/11/09/placing-a-cap-on-americans-consumption-of-added-sugar/) (New York Times) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Review Your Organization's Values** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, review values | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Belief in Organization;Fit with Culture | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | To feel a deep connection with your organization, you should share some of the same beliefs. For this challenge, review your organization's values and see if they align with your own. | | Long Description (2,000 char limit): | Almost every organization has core values that define and guide its beliefs and decisions. So does every person, which we project through our attitude and behavior. Knowing your company's values can help you assess whether you can truly thrive in your work environment.  **Here are a few steps to help you identify alignment:**   * Step 1: Find your company’s values and carefully review each one. * Step 2: Write down your own values and what matters to you the most. * Step 3: Identify the values you’re strongly aligned with, neutral about, don’t understand or don’t see represented. * Step 4: When you’re done, think about any of your own values that the organization's values might not represent. Are there any of your personal values that are at odds with your organization's values? How might you address this disconnect?   This exercise will help you better understand the company's values and satisfy your own work requirements.  **Did you know?**  Research suggests that value congruence is the extent to which the individual can behave at work consistent with their own self-image.  *(Source:*[*Hr.Toolbox.com*](http://hr.toolbox.com/blogs/strategic-employee-recognition/aligning-company-personal-values-for-greatest-success-41146)*)*  **Resources:**   * [Understanding Workplace Values](https://www.mindtools.com/pages/article/understanding-workplace-values.htm) (Mindtools) * [Identifying Your Values](https://www.binghamton.edu/ccpd/quick-reference-guides/values.pdf) (Binghamton.edu) * [Why Should Companies and Employees Have Shared Values?](http://www.huffingtonpost.com/scott-macfarland/why-should-companies-and-_b_4225199.html) (Huffington Post) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Spend Less, Slash Stress** | | POINTS: | 100 | | TRACKING DETAILS: | One-Time To complete this, spend less | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Self-Leadership;Financial Health | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Money is one of the most stressful issues. Everyone goes through lean times or periods where we spend more than we save. But creating a simple financial plan can help alleviate money worries, so set aside time to develop a plan for spending and saving. | | Long Description (2,000 char limit): | When it comes to self-care and reducing stress, taking care of your finances is part of the equation. You want to get to a place where you've paid the bills, and there's food on the table. It's smart to stash some money in the bank - whether that's for the infamous "rainy day" or a purchase you'd like to make (say, a house or a new car). If your finances are stressing you out, set aside an afternoon to take a hard look at your spending, then make a plan to get back on track. Here's where to start:   * Cut back and cut out. Figure out where you're spending money, then pare back on some expenses. You can likely reduce spending on restaurants, entertainment (like movies or sporting events) and clothes. Look at eliminating unhealthy expenses, like alcohol and tobacco. And avoid purchases without a guaranteed return on your investment, like lottery tickets and casino trips. * Start saving. Even if all you can save is $25 a month, commit to it. If you don't have a savings account, open one. Set up an automatic payment that deposits the money into your savings before you have a chance to spend it. Check with your employer to see if you can have the amount automatically deducted from your paycheck into your savings account. This is called "paying yourself first" - and it pays off big time over time. * Check back. After six months, see how you're doing. You should see a drop in spending and a boost in your bank balance. If not, find out where you're still spending more than you need to (or would like to) and fine-tune your plan.   *(Source:*[*USAA*](https://www.usaa.com/inet/wc/advice-finances-savemoremoney?akredirect=true)*)*  **Did you know?**  The top spending categories for Americans who make $94,000 a year or less are: #1) housing, #2) transportation and #3) food.  *(Source:*[*CNN Money*](http://money.cnn.com/interactive/news/economy/us-spending/)*)*  **Resources:**   * [How to Save Money](http://www.mymoneycoach.ca/saving-money/saving-tips) (MyMoneyCoach) * [Creating a Budget](https://www.bankofamerica.com/deposits/manage/creating-a-budget.go) (Bank of America) * [Create a Budget and Savings Plan](https://www.mint.com/how-mint-works/budgets) (Mint.com) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **The Bright Side of Stress** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, monitor your stress on at least 10 separate days | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A | | INCLUDE TOPIC DIMENSIONS? | Managing Stress & Anxiety;Resilience;Self-Care | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | There are two sides to every coin, including stress. Acute (good) stress keeps you on your toes, ready to rise to a challenge. Chronic (bad) stress can lead to many health problems. To find out how stress affects you, identify the reason and monitor your reaction on 10 separate days. | | Long Description (2,000 char limit): | You think it’s stress? Maybe not: Flying thoughts and a pounding heart aren’t all that bad for you. Good stress is motivational, often presenting you with a problem you’re excited to solve. To stay in the healthy stress cycle, you want to alternate between times of stress and periods of rest. This might look like completing a long project at work, followed by a few days off. Believe it or not, it’s all about balance, and acute stress can help you focus and achieve more under pressure — experts call it “**the sweet spot.**”  On the other hand, stressors that last a long time may cause loss of appetite, short temper, and lack of energy and concentration. Those feelings can suppress your immune system, raise your blood pressure, and cause anxiety and depression. This is when your body gives you a warning sign that something isn’t right. If this happens, you should talk to your primary care physician who can help you develop a health plan to recover. Being aware of what’s causing you stress will help you manage it effectively. Then you can set boundaries, prioritize tasks and — most of all — stay calm and happy.  Remember, often stress is just doing its job.  **Did you know?**  Stress can make existing problems worse. In one study, about half the participants saw improvements in chronic headaches after learning how to stop the habit of “catastrophizing,” or constantly thinking negative thoughts about their pain.  **Resources:**   * [Like All Animals, We Need Stress. Just Not Too Much.](http://www.npr.org/sections/health-shots/2014/07/09/325216030/like-all-animals-we-need-stress-just-not-too-much) (NPR podcast with the Robert Wood Johnson Foundation) * [10 Ways to Ease Stress](http://my.clevelandclinic.org/health/healthy_living/hic_Stress_Management_and_Emotional_Health/hic_10_Ways_to_Ease_Stress) (Cleveland Clinic) * [How to make stress your friend](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en) (TED) * [Good Stress, bad stress](http://stanfordmedicine.org/communitynews/2012fall/stress.html) (Stanford Medicine) * [How Stress Affects Your Health](http://www.apa.org/helpcenter/stress-facts.pdf) (APA) | | |  |
|  | | |  |  | | --- | --- | | CHALLENGE TITLE: | **Encourage Others** | | POINTS: | 100 | | TRACKING DETAILS: | Tracking By End Date, 1x/day To complete this challenge, encourage others on at least 3 separate days | | DEVICE-ENABLED: |  | | DATES: | 10/01/17 – 12/27/17 | | TARGETING: | Example: Demographic tag: [Demographic tag value] | | LEADERBOARD: | N/A  Demographic tag:  Subgroup: | | INCLUDE TOPIC DIMENSIONS? | Concern for Others;Positive Relationships;Self-Leadership | | Image (or URL)  1000 x 500 px |  | | Short Description (300 char limit): | Being  a leader is more than your job title. It's about taking the time to encourage others, inspiring them to achieve more and making them feel valued. For this challenge, reach out and encourage someone at least three times. | | Long Description (2,000 char limit): | Your actions affect the people around you. Every day, we have the opportunity to help others, but it's easy to forget the positive impact you can make. Helping others doesn't just benefit the receiver - it also boosts the giver's sense of worth, self-esteem, mood and social connection. [Research](http://www.nationalservice.gov/serve-your-community/benefits-volunteering) shows that encouraging people in our lives has a positive impact on your physical, mental and emotional health. So doing good for others is also great for you! Or, to quote John Quincy Adams: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."  **Did you know?**  People perform at their best when they feel inspired and encouraged.  **Resources:**   * [Everyday Leadership](http://www.ted.com/playlists/140/how_leaders_inspire) (TED Talk) * [18 Ways To Inspire Everyone Around You](http://www.marcandangel.com/2012/02/13/18-ways-to-inspire-everyone-around-you/) (Marc & Angel Hack Life) * [Discover the Healthy Benefits of Helping Others](http://www.uhc.com/health-and-wellness/family-health/healthy-benefits-of-helping-others) (Unitedhealthcare) | | |  |