

**Monday, October 2 - Sunday, October 29**



**Feel refreshed in 2017 with this four week sleep challenge!**

**Earn 300 points toward the 2017 Incentive Program!**

**Week 1:** Your Sleep Health

**Week 2:** Reduce Your Stress

**Week 3:** Eat Your Way to Better Sleep

**Week 4:** Fitness to Support Better Sleep

- Receive sleep health tips on Mondays, Wednesdays and Fridays from the LiveWell Vermont Team!
- Enjoy weekly wellness drawings

**Completion Requirements:**

1. Log 8-eight ounce glasses of water for at least 20 days.
2. Complete all weekly tasks by the end of the challenge.
3. Username for portal login must be employee ID#.

Registration Period:  
9/18/2017—10/8/2017

**<https://mybluehealth.bcbsvt.com/>**