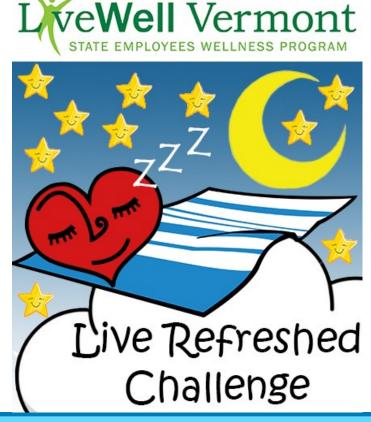
Monday, October 2 - Sunday, October 29



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/