



# GOOD EATIN' CHALLENGE

**Does your diet need a makeover? Are you looking for simple ways to cut calories or how to properly stock your kitchen? Then this challenge is for you!**

**Challenge Dates: May 7th- June 3rd**

**Earn 80 points to Green, the second trimester of the 2018 Wellness: Your Way Incentive Program!**

## **Completion Requirements:**

- 1. Log 3 vegetables a day for 20 days**
- 2. Complete all weekly tasks by the end of the challenge**
- 3. Username for portal login must be employee ID#.**

**Registration Period: April 23- May 13, 2018**  
**Register in your BCBSVT Wellness Portal:**

[HTTPS://MYBLUEHEALTH.BCBSVT.COM/](https://mybluehealth.bcbsvt.com/)

**If you're registering solo, consider joining the LiveWell Vermont Team!**

**Contact LiveWell Vermont @  
DHR.LiveWELLVERMONT@VERMONT.GOV  
OR (802)-828-7308**



**LiveWell Vermont**  
STATE EMPLOYEES WELLNESS PROGRAM