



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