

WELCOME TO YOUR 2022 TML HEALTH \$150 Incentive Program!

Because making healthy new habits is always better with a little cash.

Earn your \$150 Incentive check by completing the Wellbeing Survey and ONE of the following by December 31, 2022.

1 PREVENTIVE CARE SCREENING

Bring yourself in for a tune up.

- A. Visit your primary care provider for a preventive exam and lab work, then enter your results online at TML Well (glucose, cholesterol, HDL, LDL, triglyceride levels, height, weight, blood pressure).
- B. Or participate in a Virtual Checkup or Onsite Screening from Catapult Health through our TML Well Dashboard.

2 WELLNESS YOUR WAY

What does better health look like to you?

- A. Complete ONE of the approved Video Online Learning Courses. (We have courses on “Heart Health,” “Weight Management,” “Tobacco Cessation,” and more!)
- B. Power through 9 sessions in the Wondr Health program.
- C. Or design your own six-week health program! Have an idea to promote a healthier lifestyle for your employees? Email us at tmlwell@tmlhb.org and request an approval form.
- D. Enroll in the Livongo program for diabetes and hypertension management, and complete 48 blood sugar or blood pressure readings in 60 days.

3 GROUP CHALLENGES

Everything's better with friends!

All About the Pace (April 18 - May 8, 2022)

When you exercise, the right pace is important. Too slow and you won't see results, too fast and you'll burn out before you reach your goals. That's why this group challenge eases you into exercise with weekly step count goals that escalate as the challenge continues. Join and have fun with your teammates as you learn to step more, stay motivated, and feel better! **Registration: May 2 - June 12, 2022**

Elevate (October 10-November 20, 2022)

Learn to rise above your obstacles to fitness during this six-week activity challenge. Each week, you'll receive a new activity minutes goal, as well as tips and tricks for maintaining your motivation, making personal goals, and becoming a long-term workout wonder.

Registration: September 26 - October 16

Balanced Bites (February 14-March 27, 2022)

Eating healthy on a day-to-day basis requires a bit of planning and a lot of willpower, but Balanced Bites is here to help. This 6-week nutrition challenge helps you understand general dietary guidelines and gives plenty of tips for following them. **Registration: January 31 - February 20, 2022**

4 2 APPROVED PERSONAL CHALLENGES

Prove it to yourself!

- 20 in 20 Challenge
- Mini Family Challenge
- Create a Streak Challenge
- Get Fit Challenge
- Daily Victory Nutrition Challenge
- Every Step to 10K Challenge
- 1000 in 30 Challenge
- Daily Victory Physical Challenge
- Flexibility and Stretching Challenge
- The Best of You Challenge
- Balanced Bites (Also a Group Challenge!)



NON-INCENTIVE CHALLENGES

Looking for even more to do?

Give it a Rest (July 11-August 7, 2022)

When schedules get busy, proper rest is the first thing to go-but it's actually a major foundation of health and wellbeing. During this four-week challenge, you'll learn best practices for scheduling sleep, limiting late-night screens, and more. Choose to snooze and join today!

Registration: June 27-July 17, 2022

MORE RESOURCES

Looking to find the Wellbeing Survey, personal challenges, and mental health resources? All of this and more can be found on the TML Well widget once you log in at tmlhealthbenefits.org

