

Ways Wellness Challenge

Enter to win prizes!

For full-time & part-time associates with Meritain health coverage.

Complete five of the eight options below:

Between June 1 & Oct. 16, 2017

**Indicates a mandatory step*

- 1) ***Have your annual physical exam.**
Obtain physician note that states you had your annual physical exam.
- 2) ***Know Your Numbers:** BMI, blood pressure, blood glucose, total cholesterol. Get your health numbers from physician at physical exam.
- 3) ***Complete Health Risk Assessment:**
 - a) Visit www.meritain.com
 - b) Create an account and log in.
 - c) Scroll down to My Wellness and click "GO".
 - d) Click on "Complete Health Risk Assessment."
- 4) Have your annual dental exam.
- 5) Have your annual eye exam.
- 6) Participate in the SCIT Human Race on Wednesday, June 7, 2017.
- 7) Participate in the Run on the Rez on Saturday, Oct. 7, 2017.
- 8) ***Attend the Employee Benefits & Wellness Fair on Monday, Oct. 16, 2017.** Turn in the Ways To Wellness Checklist with signature and physician note at the Wellness Fair.



Oct. 16, 2017 | 7 a.m. - 8 p.m.



SECR Entertainment Hall

6800 Soaring Eagle Blvd., Mt. Pleasant, MI 48858

All TOPS, SECR, and SELC employees are invited to attend the 2nd SCIT Benefits & Wellness Fair. Drop in as you can.

The second annual Wellness Fair will focus on key areas of wellbeing: Physical, social/emotional, financial, career and community.

For more information, please contact:

Wellness Coordinator Toni Smith at 989.775.5624 or TSmith@sagchip.org



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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