

# Ways Wellness Challenge

## 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 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](http://www.meritain.com), create an account and log in.
  - b) Scroll down to My Wellness and click the "GO" link.
  - c) 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 June 7, 2017.**
- 7) **Participate in the Run on the Rez on 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.**

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