

# PEHP HEALTHY UTAH 2015 HEALTH CHALLENGES CALENDAR

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## 12 MONTHS OF WELLNESS



### **February 2-27, 2015: Project Happiness**

What brings you happiness and how do you hang on to it even when you want to give up? This month, discover simple strategies to increase your happiness in everyday life. With weekly challenges, try new ways to: Prioritize happiness, find your true sources of happiness, and change your thoughts.

### **April 1-30, 2015: Money Matters**

Are you living within your means? Have a rainy day fund? Over your head in debt? Money is often the largest stressor in a person's life. Gain control and learn some great tips to help you manage your expenses and live debt free.



### **August 3-31, 2015: Boost the Brown Bag!**

Lunches brought from home can save time, money, and can be lower in calories. Register for this challenge and learn tips and tricks to make your brown bag tasty, nutritious, and a snap to prepare.



### **Nov. 16, 2015 – Jan. 8, 2016: Maintain Don't Gain**

The holidays are full of festivities, fun, and calories! This helpful challenge will provide you with the resources, tools, and recipes to eat well, manage stress, and stay moving. Enjoy the holidays the healthy way!



# HEALTH CHALLENGE Q&A

## What is a Health Challenge?

A health challenge is an email based, self-paced program that focuses on an aspect of health and wellness. Health Challenges are designed to challenge your current state of wellness in areas such as nutrition, physical activity, stress management, financial wellness, etc. by setting and achieving goals.

Health Challenges typically last one month, starting on the first week of the month and ending on the last week of the month. However, the “Maintain Don’t Gain” challenge runs longer.

## Why should I participate in a health challenge?

There are many reasons to participate! Many past participants have used our health challenges to jump-start personal wellness goals of weight loss, increasing physical activity, and improving nutrition habits. Challenges help motivate participants and provide them with recipes, resources, and tools to achieve good health.

If that’s not enough reason for you, there is a prize drawing! If you meet the goal for the challenge, and report your success in the final online survey, you are entered into a drawing for one of several \$10 gift cards we give away.

## How do I register?

Simply log in to your “myHealthyUtah” account, and look under “Health Challenges” along the left side of the page. Click on the link for more details, and then click “Enroll.” You will receive an email confirming your registration in the challenge.

## How do I participate?

At the beginning of the challenge, you will receive an email with the challenge tracker and instructions. Follow the instructions to meet your goal, and use your tracker to stay motivated through the month. At the end of the challenge, you will receive an email with a final survey, where you can report how you did. Those who complete the survey will be entered into the prize drawing.

## Do I need to turn in my tracker?

No, the tracker is for your own benefit and does not need to be submitted to PEHP Healthy Utah.

## How do I know if I won a prize?

Winners will be randomly selected and notified via email.

## Where can I find out more information?

Contact PEHP Healthy Utah at 801-366-7300 or 855-366-7300 or [healthyutah@pehp.org](mailto:healthyutah@pehp.org).

The logo for PEHP, with the letters 'peHP' in a stylized, lowercase blue font.