



NOVEMBER 03, 2022

# Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE



CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

## ACTIVITY & STEP CHALLENGE RESULTS

Congratulations to Mary and Anna for coming in 4th and 5th place, respectively, during the 2022 Fall Activity and Step Challenge! You ladies really put in the miles!

## YOU GOT CAUGHT

Keep on sending us "You Got Caught" award recipients! We love seeing the community being rewarded for making healthier decisions in their lives.

## MEET THE CHAMPIONS

The Meet the Champions page is now live. For those who haven't yet submitted their answers and photo, please click here to complete it and send it to either of us at your earliest convenience.

WE ARE THANKFUL FOR ALL YOU DO.  
KEEP BEING AWESOME!



## *Important dates*

\*\*(live links included)\*\*

### **NOVEMBER WELLNESS WEDNESDAY**

November 2022 - Diabetes Awareness Month

### **SEMI-ANNUAL MEETING (SURVEY)**

Please fill out the survey through the link above to help us determine a new date for the Semi-annual Wellness Champion Meeting

### **WELLNESS INCENTIVES - 4TH QUARTER**

Don't forget! Live and recorded Webex presentations qualify for the additional \$50-\$100 incentive. More information is available here.

To access the wellness portal (password Wellness1) click here or use the link found in the Webex flyer.

\*Participants must pass a quiz to receive incentive credit for recorded presentations.

## *helpful links*

Wellness Champion Resource Page

2022 Quarter 4 Webex Educational Classes

QUESTIONS/COMMENTS?

Email Us!

\*\*FOR WELLNESS CHAMPION USE ONLY\*\*