

DECEMBER 14, 2022

Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE



CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

<u>YOU GOT CAUGHT</u>

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

<u>MEET THE CHAMPIONS</u>

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.

WELLNESS CHAMPION INSENTIVES

We are working on funding your accounts with you Champion Incentives!

WE ARE THANKFUL FOR ALL YOU DO. WE HOPE YOU ALL HAVE A WONDERFULL WINTER BREAK.

WE'LL BE BACK IN FULL FORM IN JANUARY! **KEEP BEING AWESOME!**



Important dates **(live links included)**

DECEMBER WELLNESS WEDNESDAY

December 2022 -

Impaired Driving Prevention Month

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.

SEMI-ANNUAL MEETING

Semi-annual meeting is scheduled to be on January 27th at 4:30pm.

Invitations will be sent out closer to the meeting date.

helpful links

Wellness Champion Resource Page

2022 Quarter 4 Webex Educational Classes