

2020/2021 *Wellness Works!* Program for all Benefit-Eligible Employees

through Scantic Valley Regional Health Trust Wellness Program

Participation in this Wellness Program is for all employees who **do not get their health insurance through their workplace.**

Each completed challenge/class/webinar/program will earn you one raffle ticket, with a maximum of 10 tickets for the year (October 2020 – May 2021). All tickets will be placed in a drawing in June 2021 for various incentives, including fitbit zips, gift cards and magazine subscriptions.

Each paper challenge can be completed only once.

Completion of each of the following is worth 1 raffle ticket:

Paper challenges, can be found at <http://www.scantichealth.org/documents/wellness/wellness-points/challenges.html>

40 Day Challenge

Up-Beat Challenge

Bike 300 Challenge

HNE challenges from WebMD--**you may request the paper version of any WebMD HNE challenge from Lyn:**

Get Up and Move Fit After 50 Family Fitness Challenge Jump Start Program Turkey Trot Challenge

Couch to Finish Line 5K Challenge The Pregnancy Plan Building a Budget 50 Days of Kindness Challenge

On-site and Virtual Classes (including Park & Rec Classes): Cardio Pilates Strength Yoga

Live Webinars* offered through *Wellness Concepts*:

Work & Life Balance: Time Mastery & Self Care Mindfulness in Your Workspace Destress at Your Desk

Managing Cash Flow & Debt Mindfulness for Sleep & Stress Management

Maintaining Your Weight While Working from Home (part of Maintain Campaign)

Live* On-line Cooking Demonstration Videos

Quick, Easy, Fresh: Meals in Minutes 4-Week Mediterranean Cooking for Weight Loss Series

Weight-loss/Healthy Eating programs:

The Mediterranean Way 10-Week Diet & Lifestyle Program (use code SVMW for discounted price of \$69). New sessions begin every other Monday beginning October 5, 2020.

<https://www.mediterraneanliving.com/mediterranean-way-10-week-diet-lifestyle-program/>

Mediterranean Diet Weight Loss Program (use code SVWL for discounted price of \$69). New sessions begin every other Monday, starting October 12 <https://www.mediterraneanliving.com/mediterranean-diet-weight-loss/>

All paper challenges must be submitted by 5/31/21 to Lyn by mail (SVRHT Wellness Program, c/o 240 Springfield St, Wilbraham, MA 01095) or email (lyn@scantichealth.org or lyn.fioravanti@eastlongmeadowma.gov).

*If you **cannot** attend the live webinar, you can watch the recording and take a short quiz to earn points.

