SmartHealth Activity Tile Library (2020)



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What is the SmartHealth Activity Tile Library?

The SmartHealth Activity Tile Library contains the SmartHealth activity tiles planned for calendar year 2020. The tiles include important information about activity tile such as:

- 1. Name of the activity tile.
- 2. Dates of the activity tile.
- 3. SmartHealth Dimensions that the activity supports.
- 4. The intended audience.
- 5. The points / rewards earned for completing the activity.
- 6. Short description details.
- 7. Long description details.
- 8. Other details of the activity (e.g. team activity, device-enabled activity, health observance, photo of what the tile looks like, etc.)

How can I use the SmartHealth Activity Tile Library?

Use the SmartHealth activity tile library to:

- 1. Plan your 2020 SmartHealth activites for your organization.
- 2. Promote during a specific time.
- 3. Use the activity tile content to create and personalize messages and information to your organization.
- 4. Share ideas with other Wellness Coordinators and learn how they promote SmartHealth Activities at their organizations.

How do I find more resources to build my wellness program?

<u>Washington Wellness</u> helps organizations participating in the <u>Public Employees Benefits Board</u> (<u>PEBB) Program</u> and the <u>School Employees Benefits Board</u> (<u>SEBB) Program</u> to build, grow, and sustain effective wellness programs. Washington Wellness supports all PEBB and SEBB insured employees to:

- Stay healthy.
- Reduce health risks.
- Manage ongoing health conditions.

Go to the Washington Wellness <u>SmartHealth for PEBB</u> or <u>SmartHealth for SEBB</u> to find more resources and ideas to help build your wellness program.

For help with these resources or for more ideas, contact Washington Wellness:

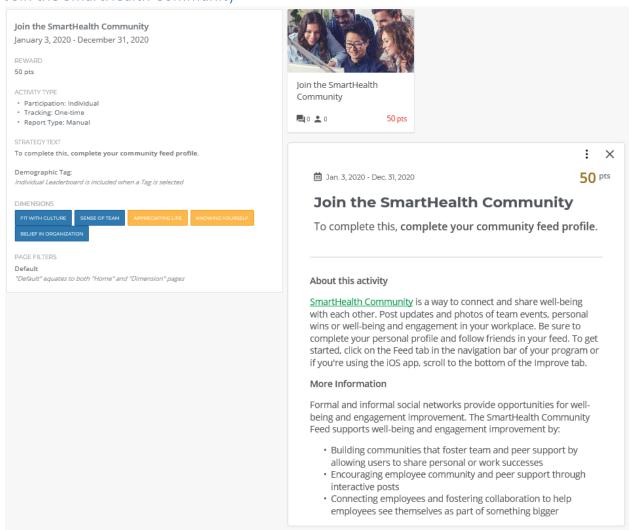
Webpage: https://www.hca.wa.gov/about-hca/washington-wellness

Email: wawellness@hca.wa.gov

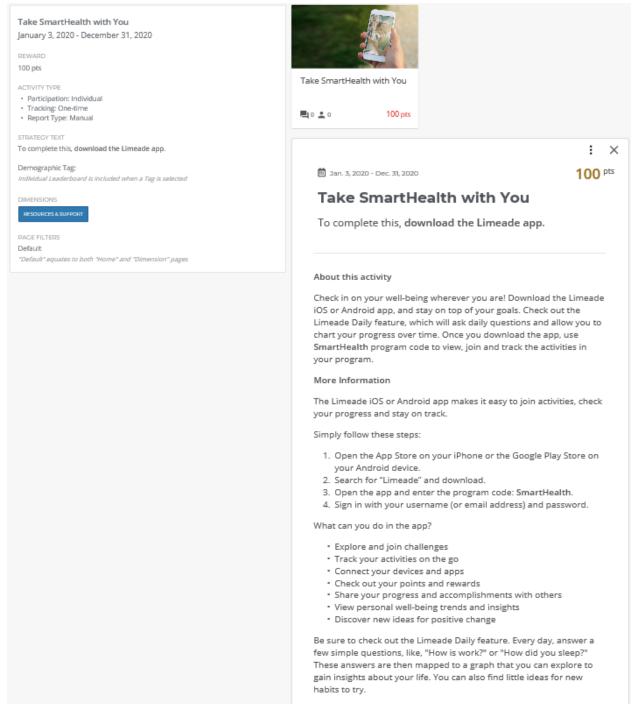
Phone: 360-725-1700

Annual Activities Tiles: January 3—December 31

Join the SmartHealth Community

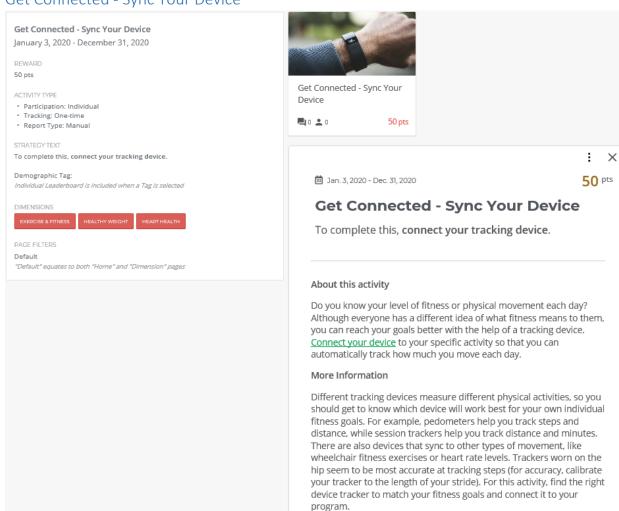


Take SmartHealth with You (download the app)

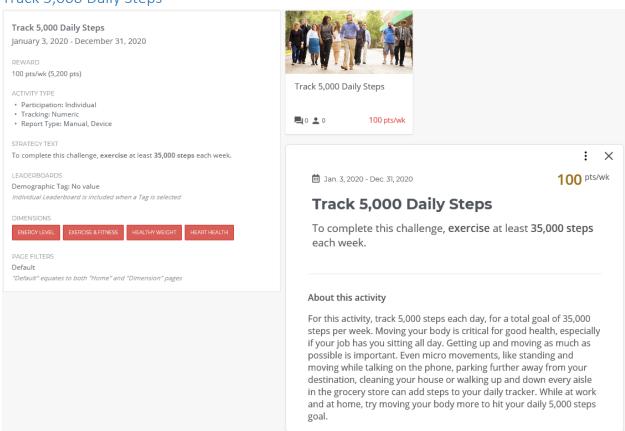


Questions? Contact support@limeade.com

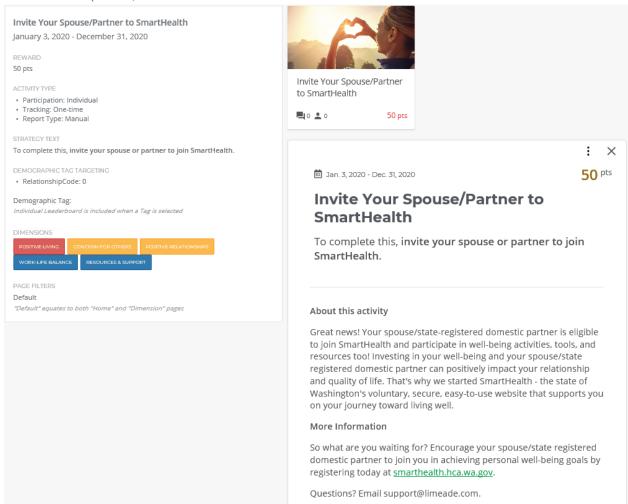
Get Connected - Sync Your Device



Track 5,000 Daily Steps



Invite Your Spouse/Partner to SmartHealth



Introduction to the EAP

Introduction to the EAP

January 3, 2020 - December 31, 2020

REWARD

50 pts

ACTIVITY TYPE

- · Participation: Individual
- Tracking: One-time
- Report Type: Manual

STRATEGY TEXT

To complete this, explore the EAP resources listed here.

DEMOGRAPHIC TAG TARGETING

· Facility: ADMIN FOR THE COURTS, ADMIN HEARINGS OFFICE, ATTORNEY GENERAL, BD OF INDUSTRIAL APPEALS, BELLEVUE COMM COLLEGE, CASCADIA CC. CENTRALIA COLLEGE. CLOVER PARK TECH COLLEGE. CNTR CHILDHOOD DEAFNESS, CONSOLIDATED TECH SERV, COURT OF APPEALS, DEPARTMENT OF HEALTH, DEPT LABOR & INDUSTRIES, DEPT NATURAL RESOURCES, DEPT OF AGRICULTURE, DEPT OF COMMERCE, DEPT OF CORRECTIONS, DEPT OF EARLY LEARNING, DEPT OF ECOLOGY, DEPT OF ENTERPRISE SVS, DEPT OF FINANCIAL INST, DEPT OF FISH & WILDLIFE, DEPT OF RETIREMENT SYS, DEPT OF TRANSPORTATION, DEPT OF VETERANS AFFAIRS, DEPT REVENUE, DEPT SERVICES FOR BLIND, DEPT/LICENSING, EASTERN WA UNIVERSITY, EMPLOYMENT SECURITY DEPT, EVERETT COMM COLLEGE, EVERGREEN STATE COLLEGE, GAMBLING COMMISSION, GRAYS HARBOR COLLEGE, GREEN RIVER COMM COLLEGE, HEALTH CARE AUTHORITY, HIGHLINE COMM COLLEGE, LIQUOR CONTROL BOARD, MILITARY DEPARTMENT, OFF OF FINANCIAL MGMT, OLYMPIC COMM COLLEGE, PARKS / RECREATION COMM, PENINSULA COLLEGE, PIERCE COLLEGE, S PUGET SOUND COMM COLL, SECRETARY OF STATE, SHORELINE COMM COLLEGE, SOCIAL & HEALTH SERVICES, ST SCHOOL FOR THE BLIND, STATE AUDITOR, STATE BD FOR COMM COLL, STATE INVESTMENT BOARD, STATE SENATE, STATE TREASURER, STUDENT ACHVMNT COUNCIL, SUP OF PUB INSTRUCTION, SUPREME COURT, TACOMA COMM COLLEGE, UTILITIES/TRANS COMM, WASHINGTON STATE LOTTERY, WASHINGTON STATE PATROL, WASHINGTON STATE UNIV, WESTERN WASH UNIV, WHATCOM COMM COLLEGE, WA ST DAIRY PRODUCTS COM, PORT OF BENTON, PORT OF GRAYS HARBOR, PORT OF PORT ANGELES, RENTON TECHNICAL COLLEGE, SEATTLE COMM COLLEGE, HOUSE OF REPRESENTATIVES, OFFICE OF LEG SUPPORT

Demographic Tag:

individual Leaderboard is included when a Tag is selected

DIMENSIONS

RESOURCES & SUPPORT

MANAGING DEPRESSION

MANAGING STRESS & ANXIETY

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Introduction to the EAP

□0 **±**0

50 pts



📋 Jan. 3, 2020 - Dec. 31, 2020



Introduction to the EAP

To complete this, explore the EAP resources listed here.

About this activity

The Washington State Employee Assistance Program supports the wellbeing of public employees to promote a resilient and productive workforce. To complete this activity, watch a recorded EAP Orientation webinar, sign up for a live webinar, or visit our webpage to find information on how you can utilize the Employee Assistance Program.

More Information

The Washington State Employee Assistance Program (EAP) helps public employees address personal and work-related problems through free, confidential consultation and support. In the course of our careers, we all experience situations that affect our capacity to perform well on the job. EAP provides short-term, solution-focused assistance to employees and their adult family household members. If additional help is needed, EAP will connect you to resources for ongoing support. You can set up an appointment easily by calling EAP directly. Participation in EAP is always free, voluntary, and confidential—no referral is needed by a supervisor or HR.

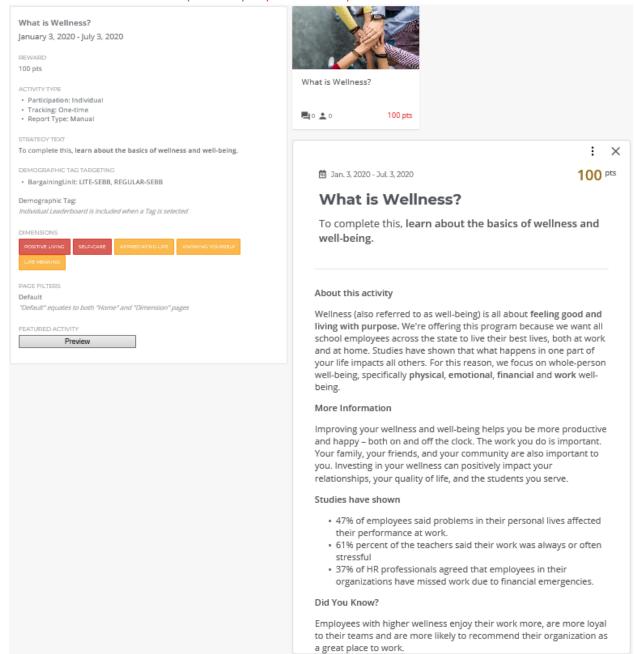
Resources

- Watch a <u>recorded EAP Orientation webinar</u>**
- · Sign up for a live webinar
- Visit the <u>EAP webpage</u>

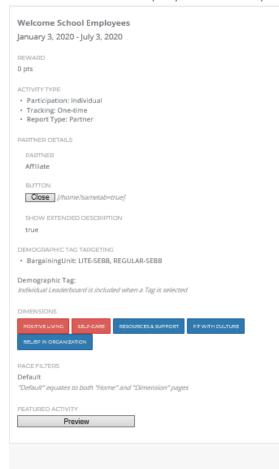
**For employees without access to YouTube on state computers, simply register in LMS for an EAP overview.

SEBB Only SmartHealth Activity Tiles

What is Wellness? January 3—July 3 (SEBB ONLY)



Welcome School Employees: January 3—July 3 (SEBB ONLY)





Welcome School Employees



fill Jan. 3, 2020 - Jul. 3, 2020

Welcome School Employees

Welcome to SmartHealth, a program designed just for you and your family. The state of Washington believes that school employees are critical to the success of our state's future, and having a wellness program is critical to the success of our school employees. Read below to learn more about SmartHealth and how it works.

Washington State is committed to having every employee get the most out of SmartHealth. We encourage you to regularly participate and work on new habits or goals, connect with your teammates and peers and enjoy a little friendly competition.

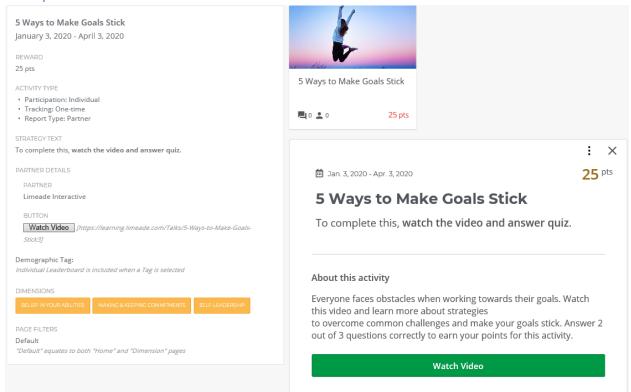
The SmartHealth program provides each and every employee with the tools and resources necessary to accomplish goals and feel supported in the workplace. Throughout the year you will find various activities to support you in the following areas:

- Physical wellness
- Financial wellness
- Emotional wellness
- · Work wellness
- Burnout awareness & prevention
- Stress management
- · Team based activities
- Videos
- Recipes
- · And more

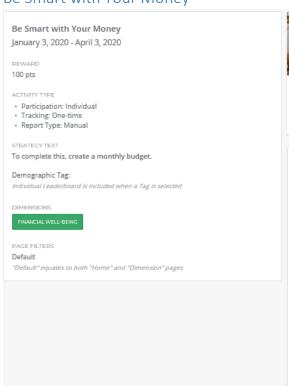
Close

Cycle 1: January 3—April 3

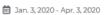
5 Ways to Make Goals Stick



Be Smart with Your Money







100 pts

Be Smart with Your Money

To complete this, create a monthly budget.

About this activity

It's easy to overspend when you don't keep track of your expenses. Before you know it, you've spent too much on unnecessary purchases. To stay in control of your finances and complete this activity, create a monthly budget. Read more about how to do this below.

More Information

Look at all your expenses over the past 12 months, and organize each expense by category. Here is a free budget worksheet to get you started (from Consumer.gov). Study your spending behavior to come up with a budget (per category) that will allow you to live well today and in the future. Make sure to account for your quarterly and biannual expenses, such as car insurance or heating bills, when you create your monthly budgets. For example, estimate how much you need for the following:

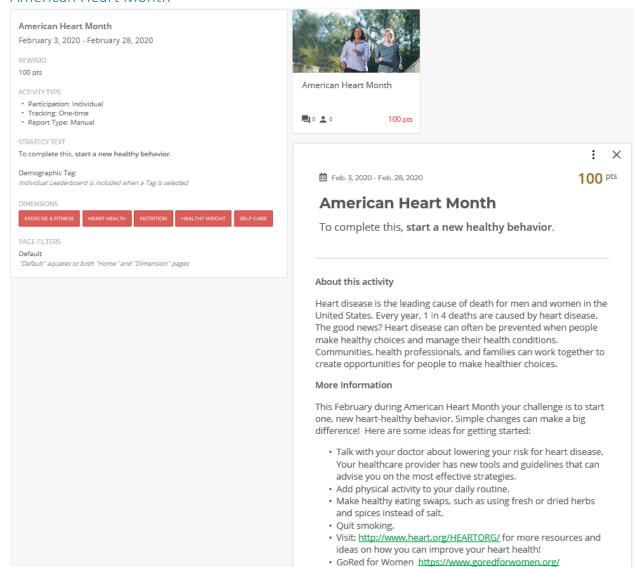
- · Housing (mortgage, interest and charges, rent and other lodging)
- · Transportation (car insurance, gas and repairs)
- Healthcare (health insurance and gym)
- · Entertainment (dining out and movies)
- · Personal care (clothes and other miscellaneous spending)

You'll end up with a limit per each category (e.g., spend up to \$300 in groceries per month) and an overall monthly budget (e.g., spend up to \$3,000 per month).

Resource:

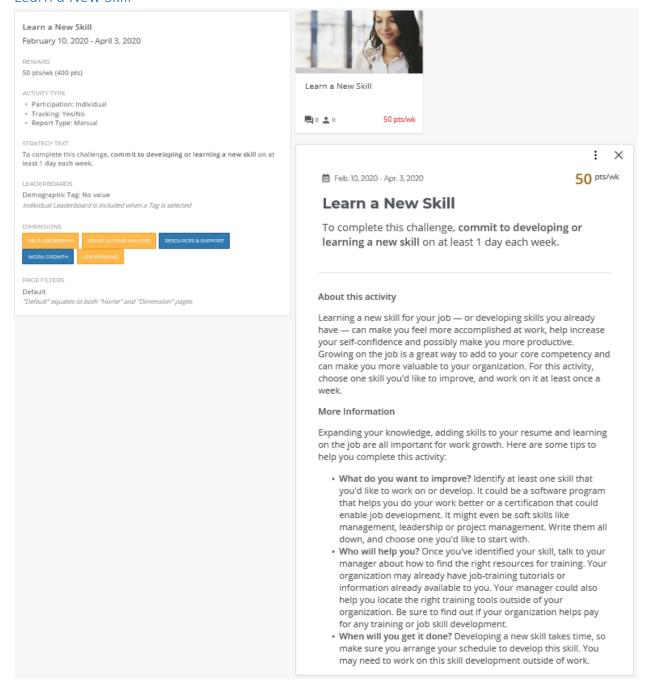
Make a Budget (Consumer.gov PDF)

American Heart Month

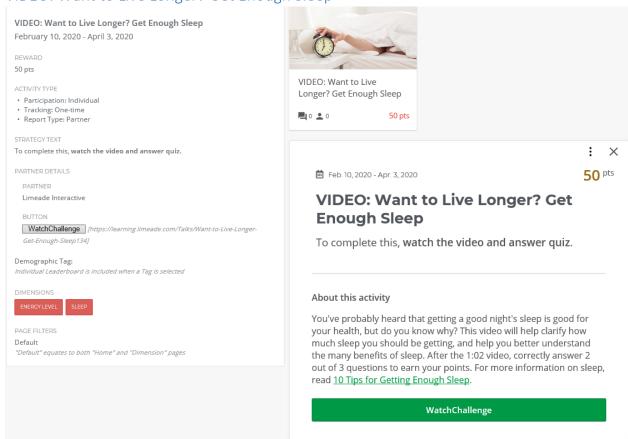


Cycle 2: February 10—April 3

Learn a New Skill



VIDEO: Want to Live Longer? Get Enough Sleep



National Colorectal Cancer Awareness Month

National Colorectal Cancer Awareness Month March 2, 2020 - April 3, 2020

REWARD

100 pts

ACTIVITY TYPE

- · Participation: Individual
- · Tracking: One-time
- · Report Type: Manual

STRATEGY TEXT

To complete this, get screened or encourage others.

Demographic Tag:

individual Leaderboard is included when a Tag is selected

DIMENSIONS

SELF-CARE

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



National Colorectal Cancer Awareness Month

□0 ± 0

100 pts



: ×

National Colorectal Cancer Awareness Month

iii Mar. 2, 2020 - Apr. 3, 2020

To complete this, get screened or encourage others.

About this activity

Among cancers that affect both men and women, <u>colorectal</u> <u>cancer</u> (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

More Information

What You Can Do

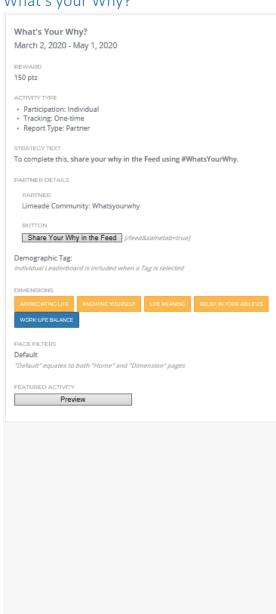
- If you're aged 50 to 75, get <u>screened</u> for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.
- · Be physically active.
- · Maintain a healthy weight.
- · Don't drink too much alcohol.
- · Don't smoke.

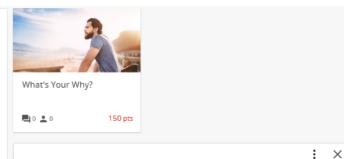
Fast Facts

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.
- Precancerous polyps and colorectal cancer don't always
 cause symptoms, especially at first. You could have polyps or
 colorectal cancer and not know it. That is why having a screening
 test is so important. If you have symptoms, they may include:
 - Blood in or on the stool (bowel movement).
 - Stomach pain, aches, or cramps that do not go away.
 - Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

What's your Why?





Mar. 2, 2020 - May. 1, 2020

150 pts

What's Your Why?

To complete this, share your why in the Feed using #WhatsYourWhy.

About this activity

Your why is your purpose — it's what is most important to you. Research supports the power of purpose, of knowing your why, and how it can help you live a happier, healthier, and longer life. For this activity, think about what is most important to you — what's your why.

More Information

Your why can be something big or small, it may change over time, you might even have more than one, but it always support your beliefs and values. Your why may be family, friends, work, a charity, music, sports, the list goes on.

Once you find your why, you can earn 150 points by sharing it on the SmartHealth Community Feed. Just post a photo or a comment using the hashtag #whatsyourwhy. Then scroll through the community feed to see what others have posted. We're all in this together. Help grow our SmartHealth community as we all continue our journey toward living well.

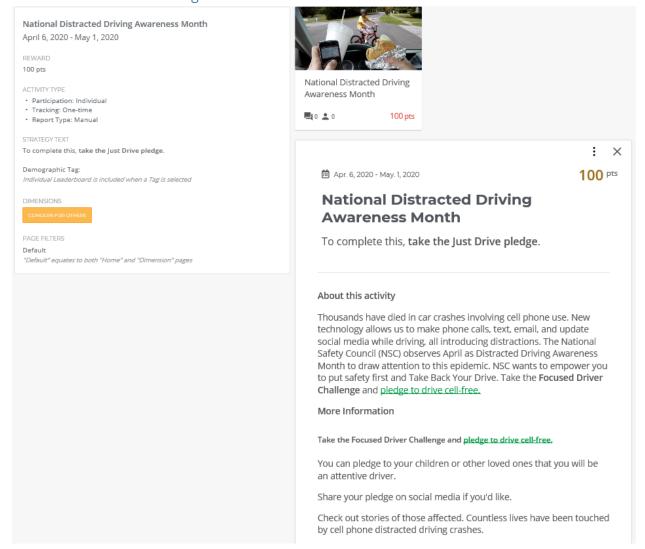
 $\mbox{\bf Need help getting started?}$ Check out the resources below to help find your why.

- Find Your Why
- · Video: The Power of Why

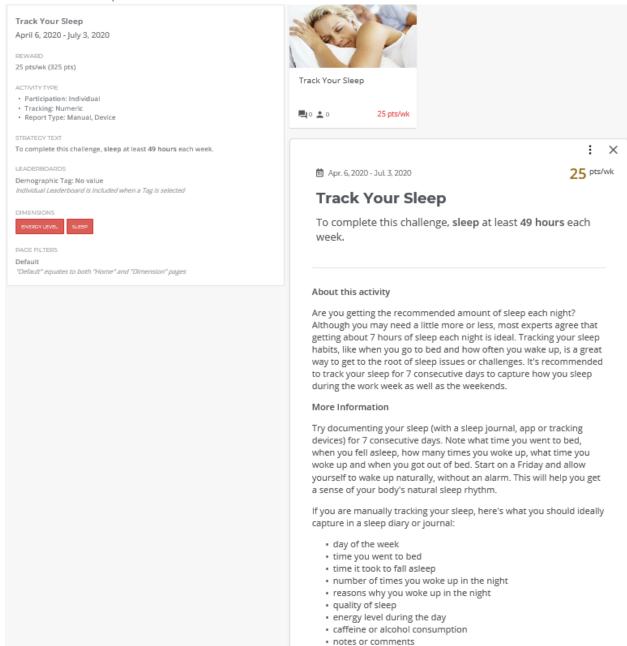
Share Your Why in the Feed

Cycle 3: April 6—July 3

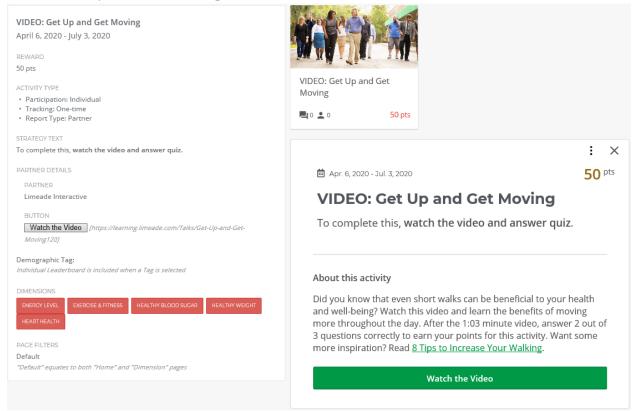
National Distracted Driving Awareness Month



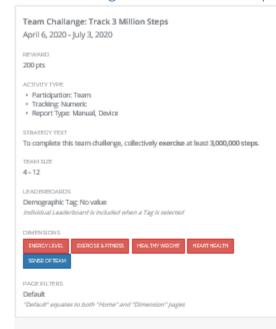
Track Your Sleep

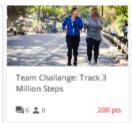


VIDEO: Get up and Get Moving



Team Challenge: Track 3 Million Steps







Team Challange: Track 3 Million Steps

To complete this team challenge, collectively exercise at least 3,000,000 steps.

About this activity

A little friendly competition never hurt anyone. In fact, regular movement, like walking, helps boost your energy, can help maintain weight and is important for overall health. For this challenge, your team must collectively walk 3,000,000 steps. It sounds daunting, but those steps add up fast. Read more about this challenge below.

More Information

Don't let the big number scare you. Have your team decide a good daily number for each member (not everyone may be able to walk or run the same number of steps). Whether you plan on tracking 5,000, 10,000 or 15,000, challenge yourself to do this on a daily basis.

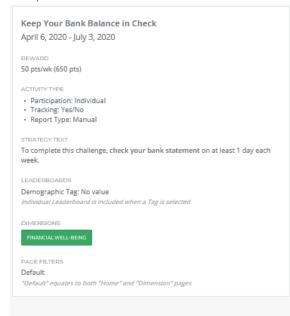
Here is your team's action plan:

- Decide how many members are on your team, and do a quick calculation to decide steps-per-day per person
- As a team, be creative with how you can fit in extra steps during the day, and encourage one another to keep it up
- After walking or running, log your steps. If you don't want to log them manually, <u>connect a device</u>, and your steps will be tracked automatically.
- You can walk, jog or run whatever you prefer. A tracking device or app will track your steps regardless of your speed, so move at your own pace.
- Wear a comfortable pair of shoes, with plenty of support and cushion
- Be prepared for the weather: warm coat, raincoat, gloves, sunblock, hat

Here are some creative ways to get more steps:

- · Take the stairs instead of the elevator or escalator
- · Try walking in place during phone calls
- · Park further from your destination
- Take a 30-minute walk during your lunch break or a quick walk during shorter breaks
- Trade the conference room for a walking meeting
- Get up earlier and head out for a brisk morning walk
- · Before you settle in for the night, take a walk after dinner
- On non-work days, aim for longer walks or runs
- While doing errands, park further from the store and walk through every aisle

Keep Your Bank Balance in Check









Keep Your Bank Balance in Check

To complete this challenge, check your bank statement on at least 1 day each week.

About this activity

At least once a week, get in the habit of checking your bank account or statement to avoid mistakes, identify theft and keep track of overdraft fees. This is an easy habit you can do online, over the phone or at the ATM at least once a week. Read more about why this is important below

More Information

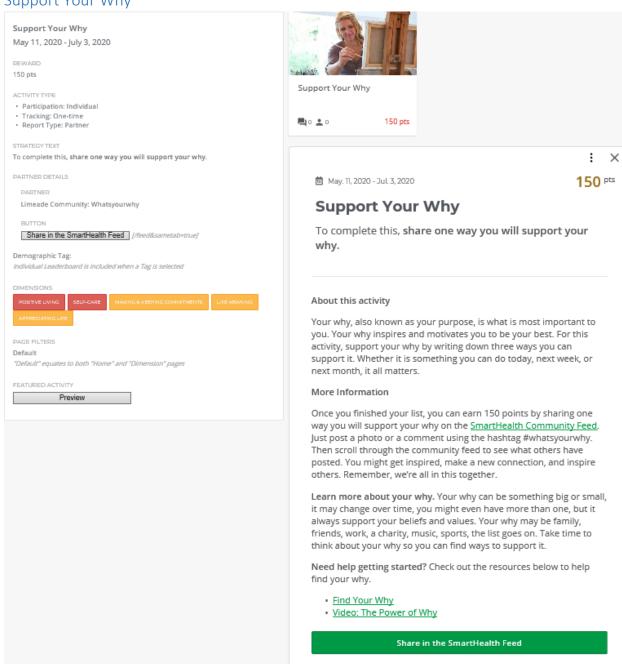
By regularly monitoring your account balance and transactions, you'll better understand the money coming in and the money going out. You can check your account activity by calling customer support, logging in online, accessing your bank's app or visiting an ATM. When reviewing your statements, watch for overcharges or duplicate charges, and keep an eye on outstanding checks that haven't yet cleared so that you know your actual balance.

Stay in control of your bank accounts with these tips:

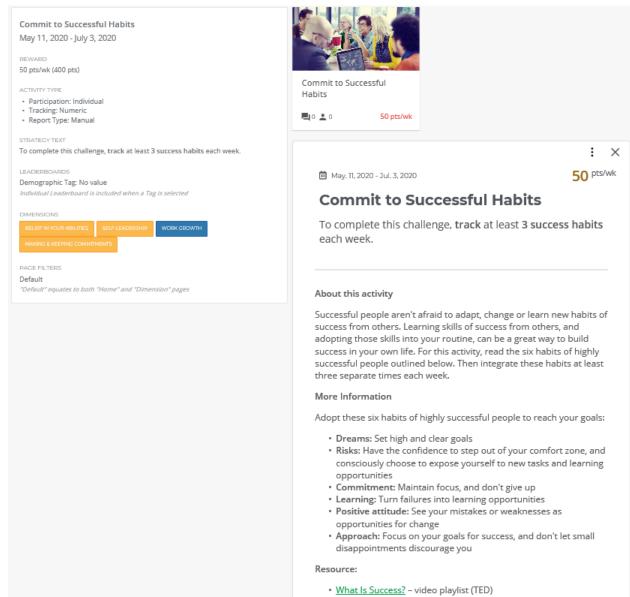
- Review the amount of all checks, credit card purchases and ATM withdrawals
- Review pending deposits and withdrawals
- Always check your account before making a big purchase
- · Avoid overdraft fees by monitoring outstanding checks
- Sign up for fraud alerts so that your bank or credit union can decline suspicious purchases on your behalf
- · Save receipts from every debit card purchase

Cycle 4: May 11—July 3

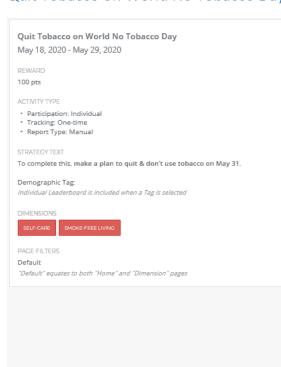
Support Your Why



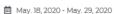
Commit to Successful Habits



Quit Tobacco on World No Tobacco Day







100 pts

Quit Tobacco on World No Tobacco Day

To complete this, make a plan to quit & don't use tobacco on May 31.

About this activity

Make a plan to quit using tobacco this month with a quit day of May 31. By making a quit attempt, you will be taking an important step toward a healthier life and reducing your risk of lung cancer, chronic obstructive pulmonary disease (COPD), and other life-threatening conditions.

More Information

Every year, on the last day of May, people across the world recognize World No Tobacco Day to raise awareness of the harmful and deadly effects of tobacco use and secondhand smoke exposure, and to discourage the use of tobacco in any form. Join others by making a plan to quit using tobacco On May 31.

Quitting tobacco is very difficult; most people try to quit several times before they are able to quit for good, so never give up quitting! By living tobacco-free, you will also save the money that you would otherwise use to buy tobacco and pay the monthly tobacco use premium surcharge.

Quit Tobacco on World No Tobacco Day (continued)

Did you know that the cost of someone who smokes one pack of cigarettes a day spends approximately \$250 a month or \$3,000 a year. What could you do with that money?

If you have been trying to quit tobacco and need more support, your medical plan can help. Research shows that a combination of cessation counseling and medication is more effective than either counseling or medication alone.

Find out more about your plan's tobacco cessation benefits using the resources, below:

Kaiser Kaiser Uniform Medical Premera
Permanente NW Permanente WA

Telephone Breathe Quit for Life® 1-866-784-8454

counseling option 2 www.quitnow.net/kpwa www.quitnow.net/ump

Other www.kp.org/quitsmokinghttps://wa.kaiserpermanente.org/ www.hca.wa.gov/ump

& cessation redications or TTY: 711 or TTY: 711 TRS: 711 TTY: 711

Visit the World No Tobacco Day website for more tools and resources: https://www.who.int/news-room/events/detail/2019/05/31/default-calendar/world-no-tobacco-day

Men's Health Month

Men's Health Month

June 1, 2020 - July 3, 2020

100 pts

- Participation: IndividualTracking: One-timeReport Type: Manual

STRATEGY TEXT

To complete this, raise awareness by wearing blue on June 15th.

Demographic Tag:

Individual Leaderboard is included when a Tag is selected

DIMENSIONS

No dimensions selected

PAGE FILTERS

"Default" equates to both "Home" and "Dimension" pages



iii Jun. 1, 2020 - Jul. 3, 2020

: × 100 pts

Men's Health Month

To complete this, raise awareness by wearing blue on June 15th.

About this activity

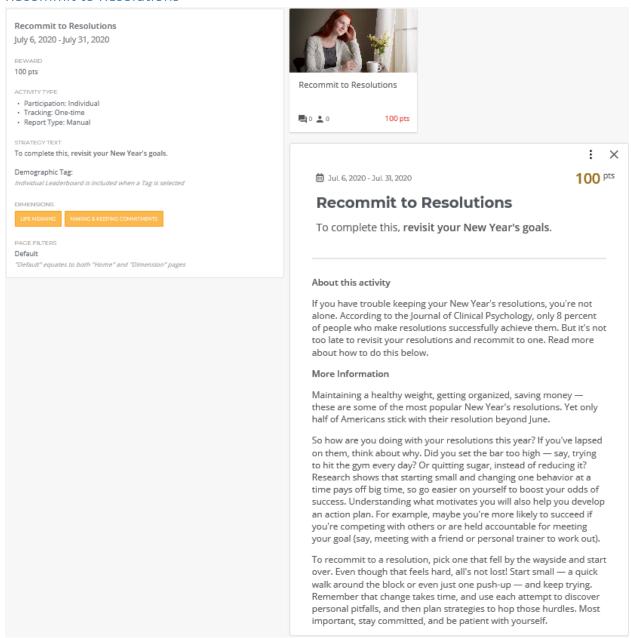
There is a silent health crisis in America: on average, American men die younger than American women. Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. June is Men's Health Month.

More Information

Wear blue on June 15th to celebrate <u>Men's Health Month</u> to encourage men to seek regular checkups, get educated on testicular cancer and prostate cancer, and to find out more about any of the other health issues that affect men.

Cycle 5: July 6—October 2

Recommit to Resolutions



Maintain a Bedtime Routine



July 6, 2020 - October 2, 2020

50 pts/wk (650 pts)

- · Participation: Individual
- · Tracking: Yes/No
- Report Type: Manual

STRATEGY TEXT

To complete this challenge, go to bed and wake up at the same time on at least 3 separate days each week.

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

PAGE FILTERS

Default

"Default" equates to both "Home" and "Dimension" pages



Maintain a Bedtime Routine

□0 ± 0

50 pts/wk

fill Jul. 6, 2020 - Oct. 2, 2020

50 pts/wk

Maintain a Bedtime Routine

To complete this challenge, go to bed and wake up at the same time on at least 3 separate days each week.

About this activity

Sleep experts note that sticking to the same bedtime schedule every day (even on weekends) tends to promote the quality of sleep you get. The best way to get good sleep is by hitting the hay at the same time every night and waking up at the same time every day. For this activity, stick to a sleep routine by going to bed and waking up at the same time at least three days a week.

More Information

If falling asleep at the same time each night is difficult for you, be sure to take a look at your sleep routine. You may need to get your body and mind prepared for sleep. Try relaxation activities like taking a warm bath, reading a book or drinking herbal tea. And try to avoid stimulants like working online too late, drinking too much caffeine or alcohol or being too physically active right before bed.

If you have a hard time waking up at the same time, you'll need some sort of signal to help you wake up. Most people rely upon an alarm, and there are some on the market that have snooze buttons or a gradually-increasing sound that wakes you up slowly. If the smell of coffee helps you wake up, find a coffee machine with a built-in alarm that brews automatically. You can also trigger your brain to wake up with sunlight. Leave your blinds open if it helps bring the sun in, or find an alarm clock with a built-in light system that mimics the rising

And for all you shift workers: we know it can be especially tough to keep a regular sleep schedule. Check out the resource link below to get tips just for you.

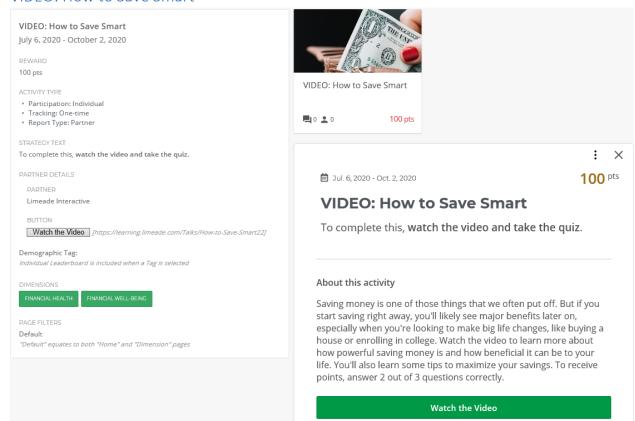
Did vou know?

Electronic devices - including laptops, tablets, smartphones and TVs - emit light that promotes wakefulness. So turn them off at least an hour before you tuck in.

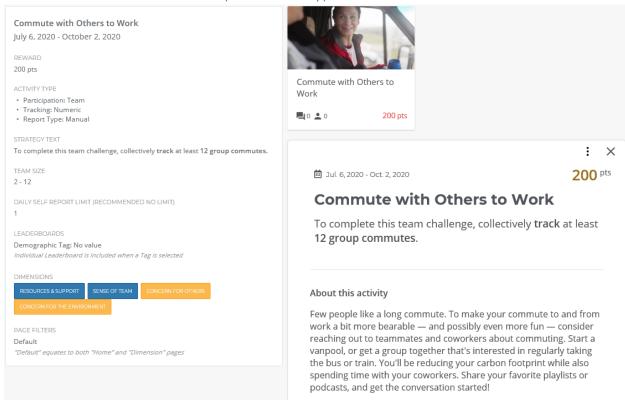
Resource:

· Coping with Shift Work (UCLA Sleep Disorders Center)

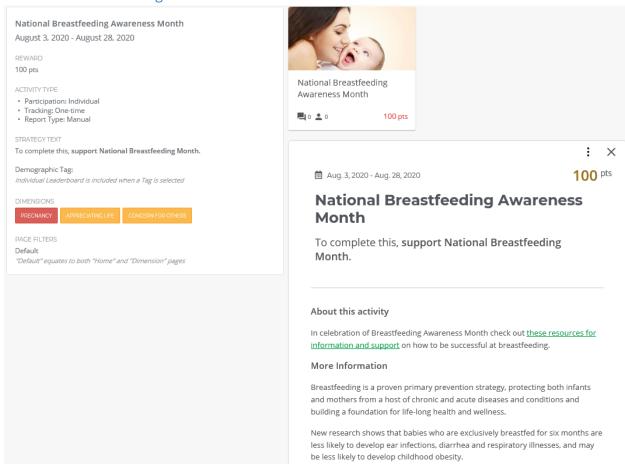
VIDEO: How to Save Smart



Commute with Others to Work (Team Activity)

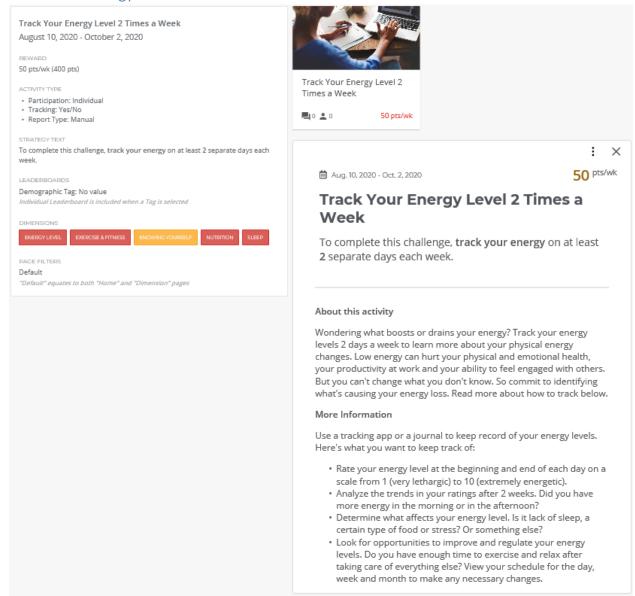


National Breastfeeding Awareness Month

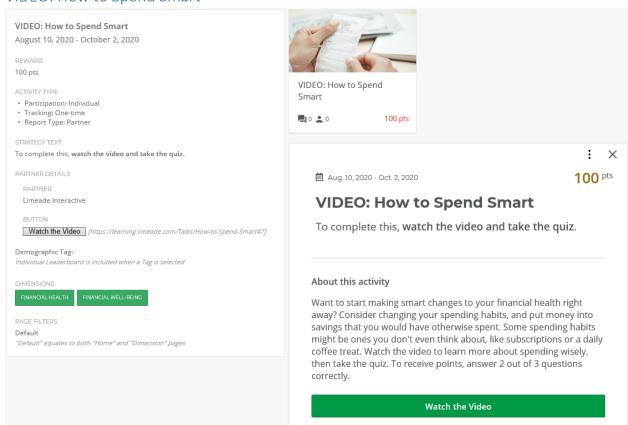


Cycle 6: August 10—November 30

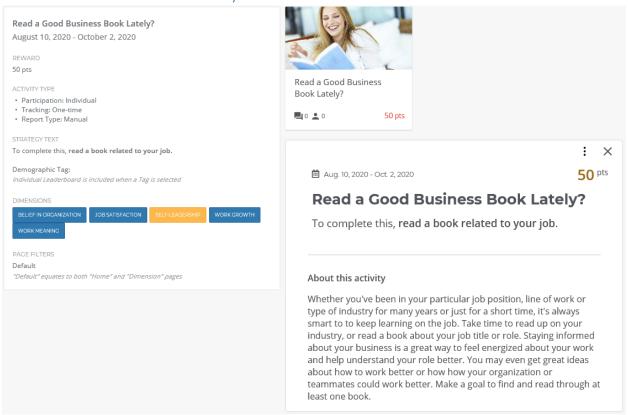
Track Your Energy Level 2 Times a Week



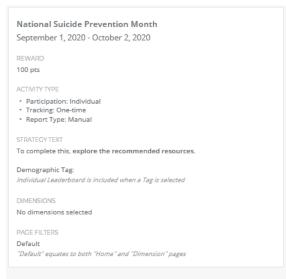
VIDEO: How to Spend Smart



Read a Good Business Book Lately?



National Suicide Prevention Month







100 pts

iii Sep. 1, 2020 - Oct. 2, 2020

National Suicide Prevention Month

To complete this, explore the recommended resources.

About this activity

Everyone has a role in Suicide Prevention. You don't have to be a professional counselor to learn a few basic steps to support someone who might be hurting. In this activity, find out how you can make a difference in the life of loved one or coworker. **If you or someone you know is at immediate risk, call the National Suicide Prevention Lifeline at 800-273-8255 or text "HEAL" to 741-741 (the Crisis Text Line).**

More Information

September is National Suicide Prevention Month. The CDC released a recent study showing that suicide rates are rising and that a public health approach is needed.

You can potentially save a life by understanding the warning signs of someone thinking about suicide and learning the simple ways you can talk with them about it. The most important thing you can do is check in on someone.

National Suicide Prevention Month (continued)

Ask: Are you okay?

If you hear any warning signs, ask: Are you thinking about killing yourself?

It's a myth that asking someone about suicide might lead them to it—in fact, you asking might be the very thing that prevents it.

If someone is thinking about suicide, connect them to help: They can talk to for example a healthcare provider, their guardian, their partner, or you can call the National Suicide Prevention Lifeline at 800-273-8255.

For 100 points, review the <u>Washington State Suicide Prevention and Intervention Page for public employees</u> then share one thing you will do to let others know about this suicide prevention resource.

Ideas might be to:

- · Bookmark the resource page
- · Discuss or share the website with a coworker or supervisor
- · Discuss or share with a family member or friend
- · Add to a staff meeting agenda

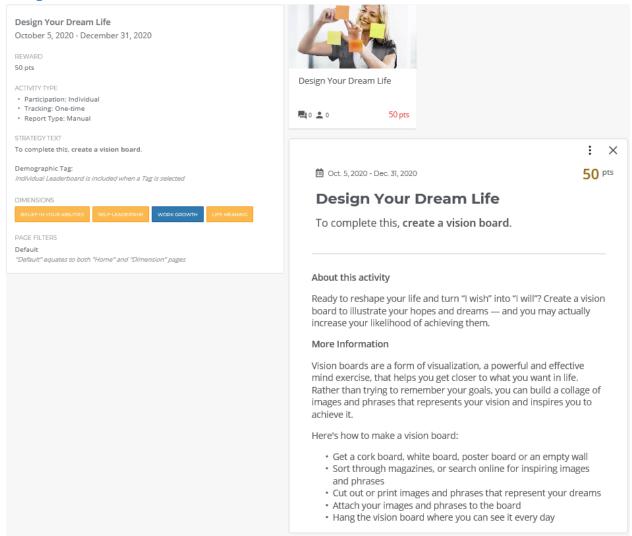
Please remember that if you or someone you know is thinking about suicide, help is always available:

You can call the National Suicide Prevention Lifeline 24 hours a day, seven days a week, at 800-273-8255. Press 1 for the Veterans Helpline. If you're under 21, you can ask to talk to a peer at Teen Link at 1-866-TEENLINK between the hours of 6-10 pm or (206) 461-3210. during regular business hours. Don't feel like talking on the phone? You can start a text conversation with the Crisis Text Line by sending "HEAL" to 741741.

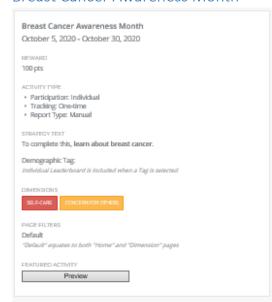
If you think you could be at risk of suicide, <u>download the My3 App</u> <u>from the National Suicide Prevention Lifeline.</u> You can use the app to list your crisis contacts, make a safety plan and use emergency resources.

Cycle 7: October 5—December 31

Design Your Dream Life



Breast Cancer Awareness Month





間 Oct. 5, 2020 - Oct. 30, 2020



: ×

100 pts

To complete this Jearn about breast cancer

About this activity

October is Breast Cancer Awareness Month, a time to bring awareness to women's health and prevention, breast cancer research efforts and breast cancer detection. For women, talk to your doctor about breast cancer screening, like scheduling a mammogram, and learn about early detection methods, like self-exams. For men, help support the women in your life by learning more about Breast Cancer Awareness Month. Read below to learn about good breast health habits, like early detection, and about how to support breast cancer awareness.

More Information

Breast Cancer Awareness Month is the perfect time to make an appointment with your primary care physician or OB-GYN and learn all you can about prevention, early detection, cancer screening methods and to assess your risk for breast cancer. Your doctor may recommend lifestyle changes, like quitting smoking, increasing exercise and switching to a healthy and nutritious diet. Your doctor may also want to discuss family history or other health issues to assess risk and talk about your overall health.

Early detection is a key component of breast health. Self-exams are the most recommended method of early detection of breast cancer. It's generally recommended to perform a self-exam on a regular basis (for example, the same day every month), so you can notice small changes in the breast tissue, like skin puckering or lumps.

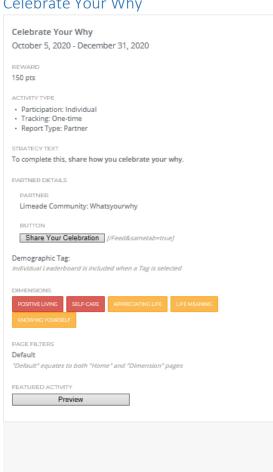
Routine mammograms have significant benefits, but many women worry about getting a mammogram — not just because of the potential results, but because it seems unpleasant and even painful. While the screening itself can be awkward and uncomfortable, it's a relatively short procedure. Be sure to talk to your physician about when you should schedule your mammogram.

Although the number of men affected by breast cancer is very low, it's important for men to learn about breast cancer and understand risks and symptoms. Both men and women can help support loved ones by talking about breast health and early detection methods. Learn more about Breast Cancer Awareness Month and how you can support this cause all year long by visiting the resource links below.

Resources:

- Learn how to do a breast self-exam (National Breast Cancer Foundation, Inc.)
- Making Strides Against Breast Cancer, find an event near you (American Cancer Society)
- · Breast Cancer (American Cancer Society)
- What You Need to Know About Breast Cancer (National Cancer Institute, booklet)

Celebrate Your Why







150 pts

Celebrate Your Why

iii Oct. 5, 2020 - Dec. 31, 2020

To complete this, share how you celebrate your why.

About this activity

This year, we asked you think about what's your why and find ways to support it. Now it's time to celebrate your journey toward living well. For this activity, think about and commit to one way you plan to celebrate your why. Your celebration can be big or small, it all counts.

More Information

After you celebrate your why, you can earn 150 points by sharing how you celebrated on the SmartHealth Community. Just post a photo or a comment using the hashtag #whatsyourwhy. Then scroll through the community feed to see what others have posted. You might get inspired, make a new connection, and inspire others. Remember, we're all in this together.

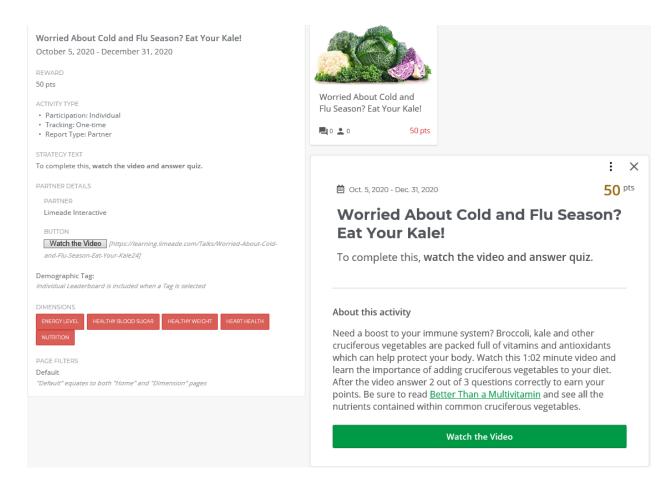
Learn more about your why. Your why, also known as purpose, can be something big or small, it may change over time, you might even have more than one, but it always support your beliefs and values. Your why may be family, friends, work, a charity, music, sports, the list goes on. Identify your why so you can start finding ways to celebrate what is most important to you.

Need help getting started? Check out the resources below to help find your why.

- Find Your Why
- · Video: The Power of Why

Share Your Celebration

Worried About Cold & Flu Season? Eat Your Kale!



Avoid Impulsive Shopping

Avoid Impulsive Shopping

October 5, 2020 - December 31, 2020

DEWARD

200 pts

ACTIVITY TYPE

- · Participation: Individual
- Tracking: Yes/No
- Report Type: Manual

STDATEGY TEX

To complete this challenge, avoid impulse shopping on at least 10 separate days.

LEADERBOARDS

Demographic Tag: No value

Individual Leaderboard is included when a Tag is selected

IMENSIONS

FINANCIAL WELL-BEING

PAGE FILTERS

Default "Default" equates to both "Home" and "Dimension" pages



Avoid Impulsive Shopping



200 pts



苗 Oct. 5, 2020 - Dec. 31, 2020

200 pts

Avoid Impulsive Shopping

To complete this challenge, **avoid impulse shopping** on at least **10** separate days.

About this activity

Have you ever wanted to buy something just because? You're not alone. Impulse purchases represent almost 40 percent of all money spent on e-commerce sites. So for this challenge, avoid impulse shopping on at least 10 separate occasions.

More Information

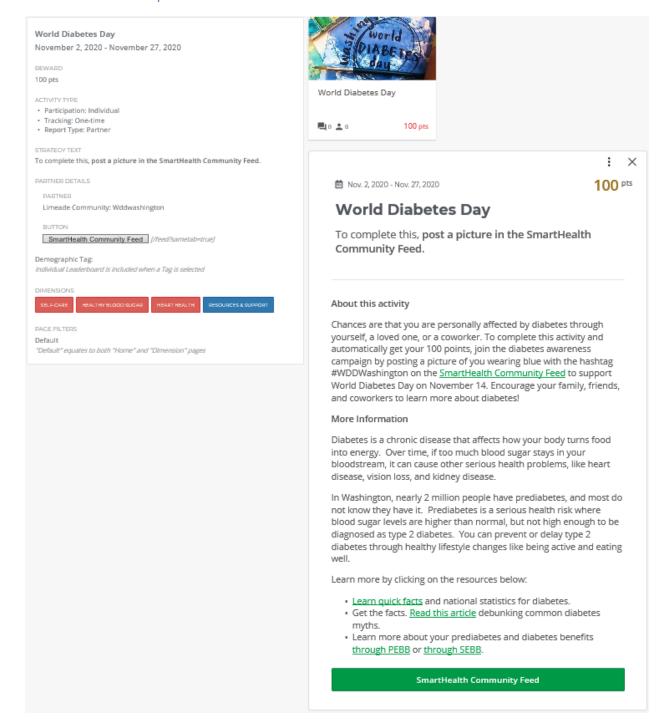
What triggers your shopping behavior? Do you cope with stress or anxiety by spending money? Unfortunately, it could lead to more harm as your wallet gets thinner. Each unplanned purchase is a financial decision that has little to do with how much money you have in your bank account. When you catch yourself impulse shopping (no matter how small the purchase may seem), carefully consider whether it's worth it.

How to prevent shopping binges:

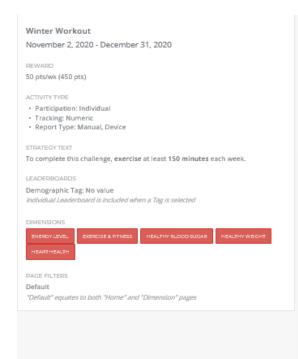
- · Stick to your shopping list
- · Avoid unplanned store visits or online shopping
- Set a discretionary budget per month, and don't spend more than that amount

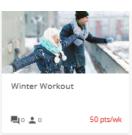
Cycle 8: November 2—December 31

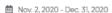
World Diabetes Day



Winter Workout







Winter Workout

50 pts/wk

: ×

To complete this challenge, exercise at least 150 minutes each week.

About this activity

Staying active during the winter months is important, and there are plenty of winter activities that help get your body moving and your heart pumping. Aim for 150 minutes per week, or 30 minutes a day, 5 days a week. Read below for some great winter workouts you can do outside.

More Information

Regular exercise is critical for good health, even during the winter. Moderate activity and exercise helps you improve your circulation, keeps you warm, strengthens your heart, improves your sleep and makes you feel more relaxed and rested. Be sure to dress appropriately for the weather and stay hydrated.

Here are some fun winter exercise activities that take advantage of the colder months:

- · Cross-country skiing
- Downhill skiing
- Snowshoeing
- Snowboarding
- Ice-skating
- Snow shoveling
- Walking

Fun winter activities for kids:

- · Build a snow fort or have a snowball fight
- Take a winter hike and collect pine cones
- Build a snowman

Share Motivational Videos with Your Team (Team Activity)

