








## Get Healthy While Having Fun

Well-Being Challenges

Through Health Advocate, you have access to a library of well-being challenges that you can start on your own for motivation to meet your health goals. You'll find a variety of challenges organized through our Learning Pillars of Well-Being: Be Well, Be Balanced, Be Connected and Be Successful.

### Our challenges will help you:

-  Enjoy making healthy changes
-  Learn new skills
-  Build healthy habits
-  Increase self-confidence
-  Track your progress on specific goals

### How to get started:

1. **Log on** to the Health Advocate website or app
2. Select **Well-Being**, and then click on **Challenges**
3. Browse the available challenges and **find one that interests you**
4. Click **View** on your challenge of choice to read more about it
5. Select **Start Now** to begin the challenge
6. **Track your progress** as part of the challenge rules

Visit your Health Advocate website or app for more great tools and resources to help you be well, balanced, connected and successful!



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