

# Say YES to the challenge?

## Try This Challenge:

- Join our latest well-being challenge kicking off on:
- This four-week individual challenge is focused on:
- Log in to your well-being program each week to view the challenge messages.
- Join the trackable activity to help practice new healthy habits.

## Stay focused on you.

Earn \_\_\_\_\_ for completing this challenge.



UPMC HEALTH PLAN