



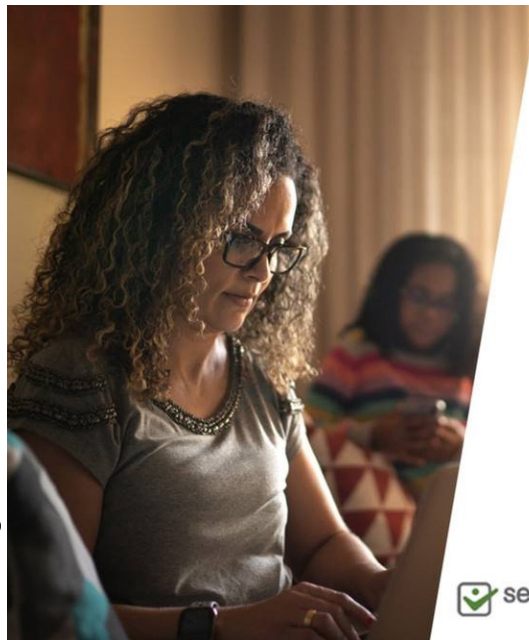
PCSD WELLNESS



VIRTUAL HEALTH SCREENING

- Last screening event
- Tuesday, November 9
- Schedule appointments by Monday November 8
- Contact Cat Miner to schedule

**Healthy
Habit
Challenge
starts
Monday,
November 8**



😊 Managing My Finances

ON BUDGET?

November 8 - 14

If you're not, you should be. If you are, is it working?

Learn why a balanced budget leads to a balanced life.

Join on the Challenges area of your Virgin Pulse mobile app or log in to your SelectHealth account and choose Activity Campaigns from your Member Checklist.

Be sure to record "yes" 5 days to get credit.



4 completed health habit challenges = to 1 activity campaign

Team Challenge in Virgin Pulse

Log steps weekly to make sure you get credit for challenge. Just simply open app and sync your device.



November is Gratitude Month

We sent out chalkboards to all employees. If you did not receive one, please contact your Wellness Manager or Cat Miner.

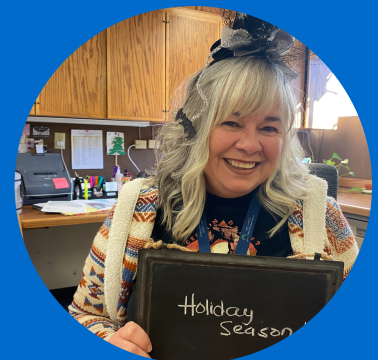
What is our Provo City School District Grateful for:



Mo Tippins - HR



Michelle Walker - HR



Maria Mejia- Ledesma