

# PCSD WELLNESS

UNIVERSITY



## ★ AUGUST ★ CHALLENGE

**Secret 007**  
Do 7 nice things  
for someone



**100 ACTIVE  
HOURS  
OUTDOORS**

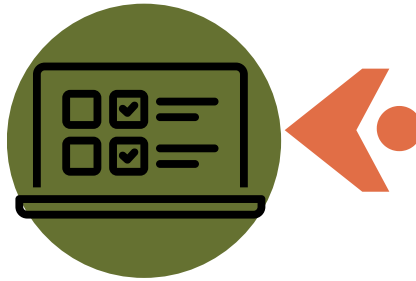
**Ends August 31, 2024**

TO QUALIFY FOR THE INCENTIVES, YOU MUST FINISH THE **REQUIRED BASELINE ACTIVITIES**



### HEALTHY U

Finish any 6 online courses of your preference, with the opportunity to complete an additional 6 for a total of 240 points.



### HEALTH EVALUATION

Complete a 10-minute health risk assessment to personalize your health profile and discover your true health age. Earn 200 points

## WHAT IS THE 3-3-3 RULE FOR ANXIETY?

Look around and name 3 things you see, name 3 sounds you hear, finally, move 3 parts of your body. Use this mental trick to help center your mind and bring you back to the present moment.

**INVEST**  
In your health  
**INVEST**  
In yourself

## PREVENTIVE CARE

Participate in recommended preventive screenings to earn gift cards. Simply download the form and provide it to your PCP for completion as evidence of your visit.



**BENEFITS OPEN ENROLLMENT**

Enrollment for all contracted employees will end on August 15. To earn 25 wellness points, make sure to complete your enrollment by August 6.

Happy and Healthy: The Ideal Combination