

Get Rewarded—Participate in the Winter Nutrition Challenge

Don't miss your opportunity to earn



Be entered into a raffle to win one of 10 gift cards valued at \$50 each!



Winter Nutrition Challenge

Registration Open January 8-21

How to Get Started

Go to ahealthyme.com/login to participate. Once you're signed in, follow the link for the Nutrition Challenge to register. You can log your servings on your smartphone or tablet by downloading the HealthyNow app. Follow the steps on the main home page to download the app.

Challenge Details

- Six-week challenge runs from January 15 through February 26, 2018
- Log two servings of fruit and two servings of vegetables per day (24 days overall)
- Those who complete the challenge will be entered into a raffle to win one of 10 gift cards valued at \$50 each.

Sign into ahealthyme.com/login to view your progress!

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If you have a disability and are unable to complete the challenge, a reasonable accommodation will be made available for you to earn the incentives. For more information, sign into ahealthyme.com/login.



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