



# Your 2021 Important Dates

## For Active Employees

### Live Well Activities

#### PERSONAL CHALLENGE 1

Complete **one** of the personal challenge options below.

**!** Complete by June 30, 2021,  
to earn your \$100 Live Well Incentive.  
Funding will occur in mid-July.

#### PERSONAL CHALLENGE 2

Complete one of the personal challenge options below.

Complete Between  
July 5 – September 30, 2021,  
to earn your \$100 Live Well Incentive.  
Funding will occur in mid-September.

#### Personal Challenge Option 1: Volunteering

Volunteer for eight hours to earn your \$100 Live Well Incentive.

- **Eligible Organizations:** Non-profit 501(c)(3) or a government-supported public institution. To confirm if an organization is a qualified non-profit, ask if it is a 501(c)(3) or search [irs.gov](https://www.irs.gov) to check its status.
- **Ineligible Organizations:** Political, religious, or professional associations, and veteran or labor organizations.

#### Personal Challenge Option 2: COVID-19 Vaccine

You will earn \$100 toward your Live Well Incentive by taking the full dose of the COVID vaccine.

### AMP It Up Activities

#### BALANCE BITES

Complete this six-week nutrition challenge to learn about general dietary guidelines and tips for following them.

Complete Between  
July 5 – August 15, 2021

Register by July 5, 2021

#### FIND YOUR STRIDE

This six-week challenge provides tips for fitting extra exercise into your schedule and a daily step count goal that increases each week.

#### Complete the Challenge

Track the minimum requirement of steps for three of the seven days for each week of the six-week challenge.