



Scan the QR code to access the challenge

Heart Health Wellness Challenge

February 6th to March 12th

Challenge Rules

- This individual challenge encourages you to complete various heart health activities over the course of five (5) weeks to help you develop habits that will stay with you for the rest of your life.
- Perform and complete two (2) activities per week for a total of 10 activities by the end of the challenge.
- Track your activities in the Qualtrics platform (scan the QR code to access the wellness challenge).
- Each participant will receive a wellness item and a raffle ticket for an opportunity to win **one of two** Omron automatic blood pressure machines.