



SMILE SAVER CHALLENGE



Keep those pearly whites in good shape.

Good oral hygiene is not just important for healthy teeth and fresh breath. Poor dental habits have been linked to everything from heart disease to diabetes. So get to brushing and flossing!*



CHALLENGE DATES:

Sign-up: 2/4/19 - 2/18/19

Challenge Runs: 2/11/19- 3/10/19



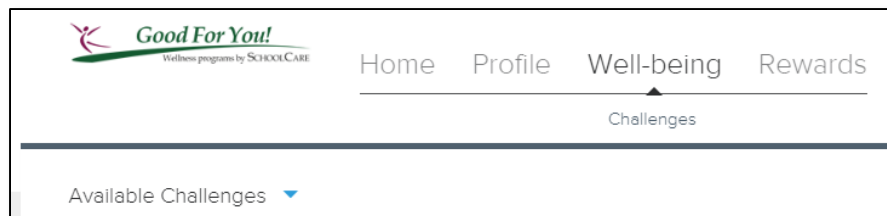
HOW IT WORKS:

You get one challenge point each time you brush or floss your teeth (maximum of three points per day). Both of these activities help reduce dangerous bacteria that can negatively affect your health.

Your goal: Log 40 challenge points to earn the incentive. (\$40 for employees, \$25 for spouses and retirees)



Log on to connect.viverae.com or the mobile app, then navigate to the **Well-being > Challenges** tab and click "**Let's do this!**" to register!



Questions?

Call Viverae (SimplyWell) at 888-833-5829.

* Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.