



SNOOZE FOR 7 CHALLENGE



Good For You!

Wellness programs by SCHOOLCARE

Sleep tight and wake up bright!

Long-term sleep issues can lead to high blood pressure, obesity and depression. Are you getting the recommended 7 hours? Take the challenge and find out! Use an app or device to track your sleeping habits for more accurate results.



CHALLENGE DATES:

Sign-up: 5/6/19 - 5/20/19 **Challenge Runs:** 5/13/19 - 6/9/19



HOW IT WORKS:

Automatically track your sleep by syncing an app or device OR manually log your hours. Check the compatibility of your device at MyAppsAndDevices.com.

Your goal: Log 168 hours of sleep to earn the incentive. (\$40 for employees, \$25 for spouses and retirees)



Log on to connect.viverae.com or the mobile app, scroll to the ***Snooze For 7 Challenge***, click **Show More**, then ***“Let’s Do This!”***.

TIP: If using an Apple Watch, sync the Apple Health app using the Viverae mobile app. Log in to the Viverae app at least once every 30 days for your Apple Health data to sync. If more than 30 days passes without a log in, only the previous 30 days of data will sync.

Questions?

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