

# Your lifestyle, your health.



Complete 3 of 4 challenges to earn a \$50  
Amazon.com gift card - and enjoy better health!

Without good health, you can't be your best self - at home, at work, or at play. That's why we're offering a reward for completing three of four fun, interactive health challenges: to get you on the path to a healthier, happier you!

All challenges are six weeks long, and you aim to meet goals five days per week. Flip the page to see the dates, topics, and details of each challenge.

Simply go to <https://healthycounty.provantone.com> and follow the directions to sign up. **You must register for each challenge to participate and earn completion!**

After you log in, there will be a banner at the top announcing challenges when they go live. There are a lot of other tools, trackers, and resources for you to explore before and between challenges, too! See what our new health portal has to offer.

<https://healthycounty.provantone.com>  
[customerservice@provanthealth.com](mailto:customerservice@provanthealth.com)  
1-877-239-3557

Employee start date for benefits on or after 4/9/18:  
Complete 2 of 4 challenges to receive \$50 Amazon Gift Card

If it is unreasonably difficult for you to complete any of the health activities due to a medical condition, or if it is medically inadvisable for you to complete such requirements, contact Provant Customer Service as soon as possible. We will work with you to identify additional opportunities for you to qualify for the incentive.



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



# 2018 challenges



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February 12 to  
March 25, 2018

Enjoy the benefits of an active lifestyle on this 10,000-step-a-day journey! Visit fun and interesting places along your virtual route. If you'd like, buddy up with a "sole mate" for extra support and encouragement!



April 23 to  
June 17, 2018

Move and have fun while you virtually "visit" springtime events all over the world. Enjoy daily tips, healthy recipes, and interesting health articles along the way!



July 16 to  
August 26, 2018

It's the easiest nutrition plan out there: don't weigh, measure, or count—just pick from over 120 colorful, healthy options. Add color throughout your day by choosing a variety of fruits and vegetables for meals, snacks, and sides.



October 1 to  
November 11, 2018

With (finally!) cooler temperatures and beautiful colors, October is the perfect time to take a walk—or a hike! Walking is the perfect activity for any fitness level, so let's make it a habit for all year 'round!

