Challenge description:

The Competition Nutrition Challenge will encourage employees to eat healthier while enjoying some friendly competition. Participants will learn to eat mindfully, shop smart, boost their intake, manage emotional eating, and listen to their bodies; all to help improve their health and manage their weight without dieting. The objective is to consume 3 or more, servings of fruits and vegetables per day.

Challenge dates March 21 – May 1, 2016. Register March 1 – March 20

How to register:

1. Log into your Priority Health member account through MyHealth:
   - Go to https://myhealth.spectrumhealth.org

2. Click “Sign In,” then fill in the username and password, and login.

3. Once you log into your MyHealth account, click on the blue “View Member Center” button.

4. Click Go Now in the box titled “Engage in your wellness program.”
5. On your WebMD Rewards page, click “Register.”

6. To enroll, enter the name you want listed as your *Display Name*, agree to the terms and conditions and click “Sign Up.” *(Your display name will be listed on the leader board. You may use your actual name or be creative and choose something fun.)*

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**Track and submit your daily intake of produce**

Choose your daily produce goal:

- Like ‘em = 1-2 servings per day
- Love ‘em = 3-4 servings per day
- Gotta have ‘em = 5 or more servings per day

Write your goal here and on your tracker: ________________________________________________

**Achieve your goal and submit at least 30 of 42 days to be eligible for incentives.**
Each day of the challenge, you will answer the following question: **Did you achieve your serving goal today?** You will answer “Yes” or “No”, for each day of the challenge.

You have two options for tracking your daily servings:
- Track daily within the WebMD challenge, OR
- Track daily on the weekly excel tracker, which will be sent in your welcome email, and submit last week’s daily counts each Monday, within the WebMD challenge.

**Report your daily servings:**

1. On your WebMD Rewards page, click “Register.”

2. Select the day that you would like to report for, and whether you achieved your goal for that day.

3. Each week, new tips and recipes will be added to the challenge: