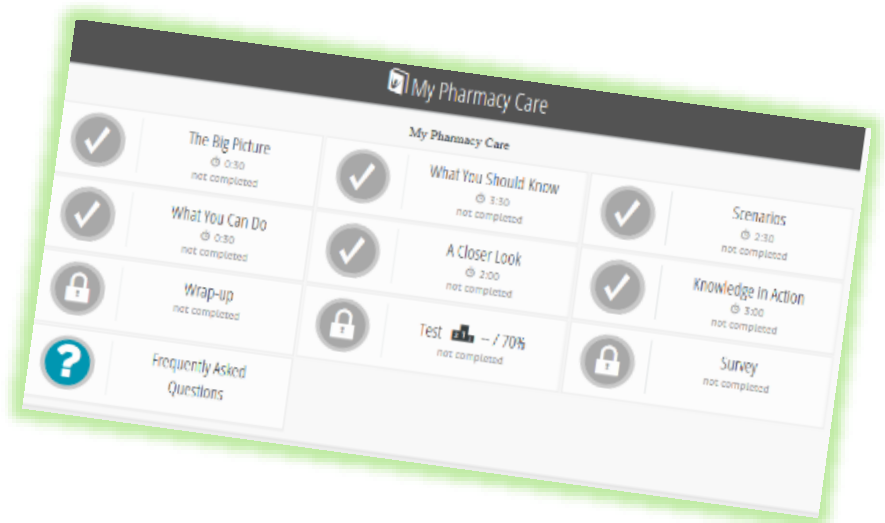


Earn 20 BONUS Points for Completing 4 Courses this July!



Courses take about 15-20 minutes to complete, and can be started/stopped at any time. Each course is worth 20 points upon completion of a short quiz at the end. Topics addressed include:

- My Pharmacy Care
- Planning for Healthcare Retirement Costs
- The Effects of Smoking
- Addressing Sleep Disorders
- Detecting Cancer Early
- Managing Allergies
- Managing Cholesterol
- My Oral Health
- Treating Diabetes
- Maintaining a Budget



If you're going for Gold (240 points) – don't stop at just 4 courses! Completing all 10 courses will earn you 200 points – just 40 away from the Gold incentive! Be sure to login to the Asset Health portal (www.assethealth.com/bewelluc) to log other activities like affirming you are tobacco free, visiting a healthcare provider for a screening or going to the dentist to earn your deserved points!



**BONUS points will be awarded in August via an activity code that will be emailed.*

Be Well UC

educate • support • empower

Questions?

Please contact wellness@uc.edu
uc.edu/hr/bewelluc