



WIN *for your* DEPARTMENT

REMEMBER: 3 EASY STEPS

1

ANNUAL EXAM

Deadline: January 31, 2020

2

HEALTH ASSESSMENT

Deadline: March 13, 2020

3

WELLNESS ENGAGEMENT

Deadline: March 13, 2020

EARN YOUR DISCOUNT!

FOR MORE DETAILS:



SCAN ME

DEPARTMENTAL WELLNESS CHALLENGE

The 2019 – 2020 Win for Life Departmental Wellness Challenge is a department-wide challenge to complete the Health Assessment and Annual Physical between May 1, 2019 – December 31, 2019.

Complete steps 1 and 2 of the Wellness Program to help your department WIN!

1. Annual Exam
2. Health Assessment (MyCigna.com)

The top department from each size-level (Visit houstonwellnessconnection.org for a full list of departments by level) with the highest completion rate for the Health Assessment and Annual Physical by December 31 will win!

The winning departments will earn:

- “Win for Life” Trophy presented at City Council with a Mayoral Proclamation
- “Win for Life” Appreciation Event in their department (Event will be customized for each winning department; activities may include massage chairs, light refreshments, and other wellness activities.)

Winning departments will be announced February 2020. Mayoral Proclamation and Wellness Event will take place April 2020.