



July 27, 2020

### Join the August Stress Less School Year Challenge!

PEEHIP and Sharecare want to help reduce your stress levels ahead of the new year with the Stress Less School Year Challenge. Tracking your stress throughout the week allows you to keep a pulse on how you are feeling so you can make adjustments as needed. Challenge yourself to track 21 calm or productive days in August to meet the challenge goal.

Here's how to join:

- ◆ Create an account or login at [peehip.sharecare.com](https://peehip.sharecare.com)
- ◆ Select the **Achieve** icon and navigate to **Challenges**
- ◆ Select **Upcoming**, then select the **Stress Less School Year Challenge**

Make sure you are opted-in to emails from Sharecare to receive updates about the challenge.

To help keep you safe during the COVID-19 pandemic, all current year required activities have been waived including required coaching activities and biometric screenings. All PEEHIP members still have access to *Choose Well, Live Well*, a personalized wellness program.

You can utilize coaching options such as including Sharecare's RealAge® Program, Blue Cross Blue Shield of Alabama Disease Management Coaching, Pack Health, and Naturally Slim until September 30, 2020. This is in addition to the health and wellness features available on Sharecare, such as daily tracking, stress management tools, challenges, and more.

The Sharecare Health Promotion Specialists will continue to host monthly webinars. Ten randomly selected members who attend each webinar will receive a prize!

#### Upcoming *Choose Well, Live Well* Webinars

Sharecare will be offering two more opportunities to attend webinars this month. The days and times of the webinars this month are below.

#### Building Emotional Strength: Positivity, Productivity, and Self-Awareness

The webinar offered will show you how to let positivity, productivity, and self-awareness guide you towards becoming the best version of yourself. We will discuss setting boundaries and routines, optimizing your work time, maintaining relationships, and establishing healthy habits. We will also provide a brief overview of your *Choose Well, Live Well* program.

- ◆ **Tuesday, July 28, 2020 10:00-10:45 a.m. (CST)**
  - ◇ [Building Emotional Strength Wellness Webinar](#)
- ◆ **Thursday, July 30, 2020 3:00-3:45 p.m. (CST)**
  - ◇ [Building Emotional Strength Wellness Webinar](#)

Please register for one event as all registered attendees will receive a link to the webinar recording after the session, to view at your own convenience. Questions? Please email [peehip.hps@sharecare.com](mailto:peehip.hps@sharecare.com).

**Statement of Nondiscrimination:** PEEHIP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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