



May 20, 2020

There is still time to join the Summer Slim Down Challenge from Sharecare. Challenge yourself to eat in the green for 21 days between now and June 12, 2020. As a bonus, 250 randomly selected members who complete the challenge will win a healthy living prize pack!

Here's how to enroll:

- ◆ Register for Sharecare at peehip.sharecare.com
- ◆ Once registered, download the Sharecare app
- ◆ Select the **achieve** icon within the app and navigate to challenges
- ◆ Select **upcoming** from the dropdown box in the upper right corner
- ◆ Select **Summer Slim Down Challenge** and **join now**

For more wellness information, join the May Webinars hosted by your health promotion specialists. Ten randomly selected members who attend each webinar will receive a prize.

Choose Well, Live Well Webinars

Sharecare will be offering three opportunities to attend a webinar this month. The webinar dates are below. If you are unable to view a webinar, please register for an event to receive a link to the recorded version.

Healthy Eating Made Easy: Tactical Ways to Prioritize Nutrition

Join this webinar to learn ways to make healthy eating more convenient. If you are short on time, or on a budget, this webinar will provide ideas to navigate these obstacles. We will provide tips for meal prepping and grocery shopping, and even share meal and snack ideas.

- ◆ Thursday, May 21, 2020, 3:30 p.m. – 4:15 p.m. CST. [Click here](#) to register for this webinar.

Eat Right Bite by Bite: Solutions for Overcoming Nutrition Barriers

During this webinar, you will learn about mindful eating and how learning this practice can transform your health in more ways than one. We will discuss the key to every good nutrition plan and how to find a plan that is right for you.

- ◆ Wednesday, May 27, 2020, 1:00 p.m. – 1:45 p.m. CST. [Click here](#) to register for this webinar.
- Or
- ◆ Thursday, May 28, 2020, 12:30 p.m. – 1:15 p.m. CST. [Click here](#) to register for this 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.

The information and activities provided in this email are optional and not required to earn your \$50 monthly premium waiver. Due to COVID-19, all current year required activities have been waived. Watch for more information in the June *PEEHIP Advisor* newsletter.

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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