



50 Days of wellness

Join our 50th anniversary celebration with our **50 Days of Wellness challenge!**

Security Health Plan is feeling *50 and fabulous* in 2021 – and we hope you will feel fabulous taking part in healthy activities.

To join the challenge, log your physical or wellbeing activities in your WebMD account.

Did you pack a healthy lunch? Go for a walk? Declutter an area of your home? All of those activities count! Record each healthy activity completed in your WebMD account and receive points. **If you earn 300 or more points in 50 days, you'll earn a prize.**

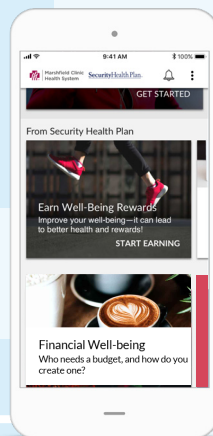
Verifiable retail value: \$3. Prizes awarded upon successful completion of challenge.

SecurityHealth PlanSM
Promises kept, plain and simple.[®]

Challenge dates: June 7 – July 26

Follow these steps to join our **50 days of Wellness challenge!**

- 1** Log in to your *My Security Health Plan* account at www.securityhealth.org. If you do not have an account, click **"Register."**
- 2** Once logged in to your *My Security Health Plan* account, click on **"Wellness Rewards"** under **"Health and wellness."**
- 3** If this is your first time logging in, you'll be prompted to answer a few questions to personalize your experience.
- 4** Click on the **"Rewards"** tab to view challenge details and begin completing your activities.
 - To track exercise, click **"Do it"** under **"Physical Activity: Track your activity."** Enter your information to begin tracking your exercise!



Download the **WebMD Wellness at Your Side** app to track your progress on the go! Find it in Google Play or in the App Store.

WebMD[®]

Notice of Nondiscrimination

Security Health Plan of Wisconsin, Inc., complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status.

Limited English Proficiency Language Services

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).