

MENTAL

HEALTH



American
Health & Wellness



Annual Lifestyle Transformation Contest

1/1/2024 - 6/30/2024

Open to employees and spouses/partners

To win, be the participant with the most points!

1st Place: \$3,000 | **2nd Place:** \$2,000 | **3rd Place:** \$1,000



Healthyme runners-up: \$500 each

biometric improvement

5-9% earns 10 points
10-19% earns 15 points
20% or > earns 20 points

weight loss

5-9% earns 10 points
10-19% earns 15 points
20% or > earns 20 points

waist reduction

5-9% earns 10 points
10-19% earns 15 points
20% or > earns 20 points

diabetes & cardiovascular prevention program

earns 25 points

Participate in our CDC-recognized & evidence-based program, using the Prevent T2 curriculum, proven to help you reduce your risk of developing type 2 diabetes, high blood pressure, & heart disease. Anyone can join!

annual exam

earns 15 points

lifestyle

Participate in any of the following programs:

**Must participate in 80% of the live sessions.*

- Sofa to 5k earns 5 points
- Mental Health Program earns 5 points
- Nicotine Cessation earns 10 points
- Nutrition Re-Boot Camp earns 10 points