



DON'T MISS OUT ON \$100!

Your EPC Wellness Program Launches October 2, 2017!

Who?

Employees enrolled in their district medical plan.

What?

A wellbeing program designed to help you maintain or improve your health.

When?

The program will begin on **October 2, 2017**.
You must complete your activities by **June 1, 2018** and *redeem your \$100 gift card by September 30, 2018.*

Why?

Participating in the EPC Wellness Program can help **reduce stress, increase energy**, and lead to an overall **better quality of life**.

How?

- 1 Upon login you will be prompted to complete your Personal Health Assessment (PHA).
Select from this list of wellbeing activities to start earning your rewards!
- 2 Complete **two** wellness workshops of your choice
- 3 Successfully complete **one** of three offered wellness challenges:

OR



October 23 to
November 20, 2017



January 22 to
February 19, 2018



April 23 to
May 21, 2018

Visit www.epcwellness.org on October 2 to get started!

Questions? Contact your EPC Wellness Account Manager by emailing questions@epcwellness.org or by calling 844.283.8779.

