



DON'T MISS OUT ON \$100!



Your EPC Wellness Program Launches October 3, 2016!



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 3, 2016**.
You must complete your activities by **June 1, 2017** and *redeem your \$100 gift card by September 30, 2017.*

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 first 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
- OR**
- 3** Successfully complete one of two offered wellness challenges:
Winter Wellbeing October 24 – November 20, 2016
Live Out Loud (LOL) February 13 – March 12, 2017

Visit www.epcwellness.org on October 3 to get started.

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

