



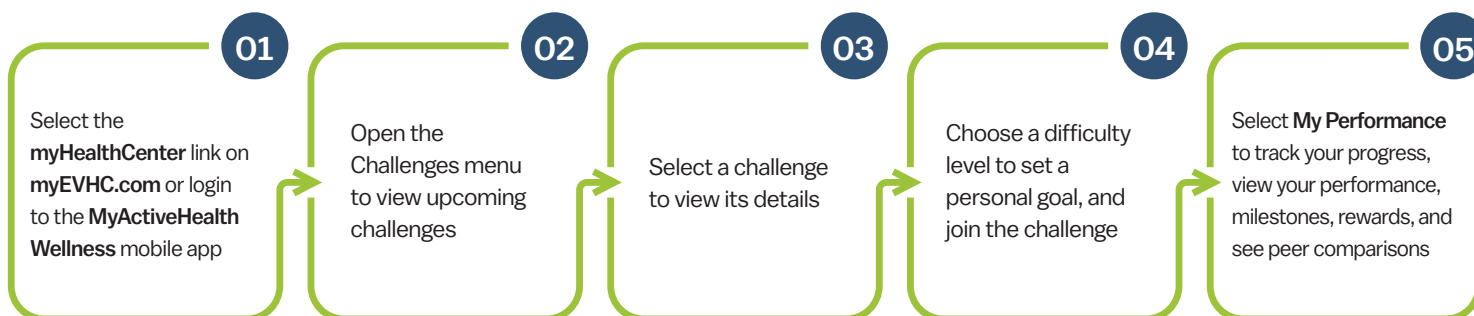
Challenge Yourself to a Healthier You

Looking to step up your health and wellness routine? Take part in exciting individual challenges on **myHealthCenter** that can help you reach your health goals.

Each challenge is based on one of four habits: steps, distance, workout (minutes), or stairs. You can choose which challenge you'd like to join, and the level of difficulty (easy, medium or difficult).

Personal Challenges

With personal challenges, you can track your progress and compare it to peers who have chosen the same level of difficulty.



Join a challenge today! Visit **myEVHC.com** and click the **myHealthCenter** link to get started.