



Wellness Challenge: Earn 250 Wellness Points

Ketchikan Gateway Borough

Join us for a 30 day wellness challenge! Complete one of these three company-wide wellness challenges beginning on May 10 and earn 250 wellness points. You will only earn points for completing one challenge if you choose to complete all three.

30-Day wellness challenge options

- **Air1000** invites you to participate in exercising outside for 1,000 minutes in 30 days
- **ChillPill** invites you to do something you enjoy to relax outside of your daily routine for 500 minutes in 30 days
- **Emotional Health Basics** is a three week learning lab that offers a simple overview on the signs and symptoms of stress, anxiety and depression. By learning about these signs and symptoms, you can better support family, friends or colleagues who are experiencing difficulties, and you can start prioritizing your own emotional well-being.

You can begin tracking your progress on Monday, May 10 through the online platform at <https://ketchikangateway.healthymerits.com>, on the mobile app by searching for Healthy Merits, or through the texting component.

Questions? Just call Healthy Merits Customer Service at 1.877.348.4533 or email healthymerits@meritain.com.

Advocates for Healthier Living

At Meritain Health®, we care about your well-being! That's why we offer a number of tools and resources to help you on your wellness journey.