



Your Department Wellness Champions want to reward you for your efforts to engage in activities that lead to a healthy lifestyle!\*

How to Win Prizes:



Random drawings at the end of each month  
(March 2023-October 2023):

- 3 employees who have earned all \$175 Healthy Action Incentives
- 3 employees who have completed the Health Assessment on [myCigna](#) but have not earned the full incentive

Employees are eligible to win a prize ONCE for EACH category.



Complete 2 Harris County fitness classes during one month.

Employees are eligible to win a prize ONCE in this category.

### Fitness Classes



Complete the Fit Fam Fitness Challenge

Challenge runs August 28, 2023 - October 8, 2023

Random drawing of employees who complete the challenge.

### Fitness Challenges



Prize for the JPD male and female with the fastest completion time of the Harris County 2023 5K

\*Eligibility and completion of activities based on information provided from Harris County Benefits and Wellness Office.