





2015 Wellness Challenge!

We are pleased to announce the first Countywide Employee Wellness Challenge of 2015. In an effort to bring awareness of the numerous online wellness tools available to employees, we challenge you to take the first step towards embracing better health!

What is the **Challenge**? Employees who complete an online Personal Health Assessment (PHA) by **June 30th, 2015!** will help their department win a day of relaxing wellness activities onsite.

How to join this **Challenge**:

Simply visit www.avmed.org/mdc and log in to your AvMed account.* Select **Health and Wellness** and under **Tools for a Healthier You** select **Wellness Portal powered by Healthyroads®**, click “agree” on the consent form, then select the **Take PHA** button.

- Remember that the AvMed Wellness Portal is available 24/7 and there are many wellness tools available to help you embrace better health.
- All PHA participants will be entered into a drawing for additional wellness prizes!

* If you do not have an AvMed account, click the Register button in the Account Login section and follow the steps to register . Be aware that the user ID and password are case sensitive.

