

WellnessWorks Program invites you to join the 2025 Hydration Challenge

QUENCH YOUR THIRST WITH H2O



Summer is the perfect time to check in on your hydration status. With the summer heat, comes the risk of dehydration and other heat related illness. Water is essential to good health. Are you getting enough? Combat the summer heat by staying hydrated.

4 WEEK CHALLENGE PLAN

- WEEK 1 - Each day drink a minimum 5 cups of water
- WEEK 2 - Each day drink a minimum 7 cups of water
- WEEK 3 - Each day drink a minimum 9 cups of water
- WEEK 4 - Each day drink a minimum 11 cups of water

THE CHALLENGE

During the month of July log in to HealthyRoads.com **DAILY** (Monday-Friday) and attest that you are completing the **CHALLENGE PLAN** for at least 20 days!



REGISTRATION OPENS:
JUNE 23, 2025

CHALLENGE RUNS:
JULY 7 - AUGUST 1



HOW TO JOIN

- ▶ AvMed members visit HealthyRoads.com
- ▶ Select **Challenges**
- ▶ Click "2025 Hydration Challenge, "Quench Your Thirst with H2O "



EARN POINTS + CREDITS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win one of the many \$250 drawings. WellnessWorks rewards are subject to payroll taxes. You will earn 100 credits on the HealthyRoads.com website where you enter your challenge information.

FOR MORE INFORMATION email WellnessWorks@miamidade.gov

Presented by the People and Internal Operations Department's Benefits and Employee Support Services Division



To request materials in accessible format contact takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also use the Florida Relay Service by calling 711.

