



Welcome to your Healthy Little Secrets Challenge

It's time to **take a moment** and dip into your well-being. You know, that place where you feel happy, healthy, and satisfied with how things are going. If that's sometimes a challenge, then this one's for you.

So what's the secret? You'll find out how easy it can be to give well-being a healthy boost!

Ready? Then let's bring the well-being to work!

Get set for challenge questions and clues that bring all the good feels. You may even get healthy rewards!

- 1 Watch for four new challenges** coming by email or flyer.
- 2 Unlock a healthy little secret** in each one.
- 3 Record your findings** on your new Answer Tracker and wait for instructions!

When feeling good is a challenge, we're here for you.

Your first well-being secret is on its way.