



WELLNESS PAY\$

Do healthy things and get FREE stuff! Get started earning credits now.



HEATHER NAVY "FOREVER SWEAT" T SHIRT -20 CREDITS



PINK "FOREVER SWEAT" T SHIRT -20 CREDITS



HEATHER GREY "FOREVER SWEAT" T SHIRT -20 CREDITS

CREDITS	ACTIVITIES
3	TURN IN WEEKLY FOOD JOURNAL TO ROGER
7	CLIMB PINNACLE MOUNTAIN WITH ROGER *OFFERED ONCE A MONTH*
5	ATTEND AEDD FITNESS CLASS
5	PARTICIPATE IN A COMMUNITY EVENT (5K, HEALTH FAIR, WELLNESS LECTURE) *EVENTS MUST BE APPROVED BY ROGER*
20	EARN 20 POINTS THROUGH HEALTH CONNECT BLUE ACCT. (WATCH VIDEOS, READ ARTICLES, ETC...)
10	PHYSICAL, TEETH CLEANING, PREVENTIVE EXAM
1	1 GYM VISIT (MAX 15 POINTS/MONTH) *GET A STATEMENT FROM GYM*
12	1-ON-1 FITNESS ASSESSMENT & NUTRITIONAL CONSULTATION WITH ROGER (1 TIME ONLY)
7	WEEKLY COMPLETION OF WEIGHT LOSS PROGRAM (WEIGHT WATCHERS, NUTRISYSTEM, JENNY CRAIG)
3	SIGN UP FOR REMIND TEXTS: Text @fitaedd to 81010
3	JOIN OUR LIVING WELL FACEBOOK GROUP https://www.facebook.com/groups/livingwellaedd/
50	COMPLETE A SMOKING CESSATION PROGRAM

YOU CAN GET CREDITS MULTIPLE TIMES FOR THE SAME ACTIVITIES

TO GET CREDIT FOR YOUR PARTICIPATION, EMAIL ROGER ALL DOCUMENTATION.

roger.decker@aeddinc.org



1 HOUR MASSAGE AT MASSAGE ENVY

50 CREDITS



COOL GEAR 28 OZ INFUSER

7 CREDITS



NEW WAVE LUNCH BAG

25 CREDITS



WALMART- \$1/CREDIT

GET A \$25, OR \$50 CARD



ACADEMY SPORTS -\$1/CREDIT

GET A \$25, OR \$50 CARD



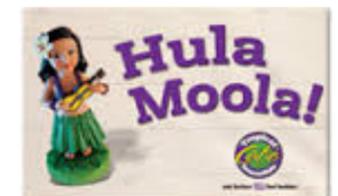
ZING ANYTHING AQUA JUICER

20 CREDITS



AMAZON -\$1/CREDIT

GET A \$25, OR \$50 CARD



TROPICAL SMOOTHIE - \$1/CREDIT

GET A \$25, OR \$50 CARD