

*June 1, 2016*

## Enter the Better U Challenge: *Get, Be, Live, Stay, Healthy!*



Setting wellness goals is personal to each one of us. And it is not easy. But maintaining personal health is a far easier task than dealing with a prolonged illness. 3sHealth wants to help its Employee Benefits Plan Members achieve their wellness goals with our Better U Challenge. From June 1 to August 31, 2016, plan members can work towards your wellness goals and be entered to win fabulous prizes!

“At some point in our lives, we have all expressed a desire to improve our health,” says Alana Shearer-Kleefeld, Director

Employee Benefits Administration at 3sHealth. “It can be as transformational as training for a marathon or quitting smoking, or as basic as getting a better night’s sleep, but I think everyone wants to be healthy.”

### **Entering is easy:**

1. Sign in to Great-West Life GroupNet for Plan Members
2. Go to the Health & Wellness Section
3. Complete the Personal Health Risk Assessment

Through the Personal Health Risk Assessment, you will answer questions about your personal health and habits. This information is strictly confidential and cannot be accessed by anyone but you. Once you have completed the Personal Health Risk Assessment, you will be provided with a list of high, moderate, and low risk factors. You can then create an action plan to reduce your risk factors

By completing the Personal Health Risk Assessment, you will automatically be entered into the Better U Challenge making you eligible for:

- A weekly prize draw for a Fitbit Charge Wireless Activity Wristband, and
- A Better U Challenge t-shirt, awarded to the first 100 plan members who complete the Personal Health Risk Assessment.

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You will also be entered for the Grand Prize draw on September 1, 2016 for:

- One of 4 individual prizes of a \$250 Sobey's Gift Card, or
- One of 4 individual prizes of a \$500 SportChek gift card, or
- A Bowflex Xtreme SE Home Gym, or
- A Bowflex Treadclimber.

We have more than just prizes to share: we have inspiration and encouragement! Join us on our Better U Challenge Facebook page and follow 3sHealth on Twitter and look for #BetterUChallenge. You will find healthy recipes, motivational tips, and a forum for giving and receiving encouragement as you work toward your wellness goals. We invite you to share your success stories!

And don't forget that Great-West Life GroupNet for Plan Members has a Health and Wellness site that includes valuable information and other helpful tools such as:

- A BMI Calculator,
- A Calories Burned per Day Calculator, and
- A Cost of Smoking Calculator.

Visit the 3sHealth website [www.3sHealth.ca](http://www.3sHealth.ca) for the full contest details. Contest winners will be announced each week via Twitter and Facebook.

If you need assistance signing up for Great-West Life GroupNet for Plan Members, please call a 3sHealth Benefit Services Officer at 1.866.278.2301.

Please note that contest entry is limited to employees only. Your spouse and dependents are welcome to complete the Personal Health Risk Assessment and join us on our wellness journey, but they will not be eligible for entry into the weekly or grand prize draws. The prizes for the Better U Challenge are paid for through a marketing fund offered by Great-West Life during the marketing of the 3sHealth Benefit Plans in 2014.