Instructions:

1. Register on My Health and Wellness on Self-Service (under the liveWELL tab) so you get weekly emails.
2. Complete two or more activities a week.
3. Weekly, you will receive an email with the Bonus Code and a TEAM BONUS Challenge details.

*Complete the TEAM BONUS Challenge with a group of co-workers and snag a picture of the group. Each week a team will be drawn for that week’s team prize!

http://hr.uiowa.edu/livewell/my-healthy-life