



DON'T MISS OUT ON \$100!

## Your EPC Wellness Program Launches October 2, 2017!

### Who?

Employees enrolled in their district medical plan.

### What?

A wellbeing program designed to help you maintain or improve your health.

### When?

The program will begin on **October 2, 2017**.  
You must complete your activities by **June 1, 2018** and *redeem your \$100 gift card by September 30, 2018.*

### Why?

Participating in the EPC Wellness Program can help **reduce stress, increase energy**, and lead to an overall **better quality of life**.

### How?

- 1 Upon login you will be prompted to complete your Personal Health Assessment (PHA).  
**Select from this list of wellbeing activities to start earning your rewards!**
- 2 Complete **two** wellness workshops of your choice
- 3 Successfully complete **one** of three offered wellness challenges:

OR



October 23 to  
November 20, 2017



January 22 to  
February 19, 2018



April 23 to  
May 21, 2018

Visit [www.epcwellness.org](http://www.epcwellness.org) on October 2 to get started!

**Questions?** Contact your EPC Wellness Account Manager by emailing [questions@epcwellness.org](mailto:questions@epcwellness.org) or by calling 844.283.8779.

