

# Wellness Activity Checklist

## Q1 Topic: Weight Management

**Directions:** To be entered into the raffle for \$25 gift cards:

1. Participate in at least 2 of the activities listed below.
2. Complete this checklist.
3. Send checklist via email to [adonegan@dcdc.org](mailto:adonegan@dcdc.org) or turn in to the Administration Office (downstairs) by April 5, 2021.

Raffle will be drawn on April 12, 2021 and 5 winners will be notified via PHS and email.

- Attend Q1 Wellness Webinar on Friday, March 5<sup>th</sup> at 4:30pm or Tuesday, March 9<sup>th</sup> at 5pm**
- Register for BlueAccess via BCBST.com\*** (See flier for more details)
  - If you've already registered, log in and explore the portal
- Complete Personal Health Assessment\*** (See flier for more details)
- Read at least 1 WellTuned Blog article**
  - [Losing Weight Successfully with Tracking apps](#)
  - [What Your Weight Can Tell You About Your Health](#)
  - [How Much Weight to Lose to Improve Your Health](#)
- BONUS: Participate in Telephonic Lifestyle Health Coaching\*** (See flier for more details)
  - Earn 1 additional raffle entry per session completed (sessions will be confirmed by BCBST)

\*Only available to BCBST Medical subscribers and spouses