

TECH-FREE CHALLENGE

Tune out for 15 minutes a day with the Tech-free Challenge.

Technology is important to our everyday lives, but too much of it can be overwhelming. Turning off electronics for a short period each day can help clear your head and recharge your batteries ... figuratively speaking.



CHALLENGE DATES:

Sign-up Starts: 10/22/18 **Challenge Runs:** 11/5/18 - 12/2/18



HOW IT WORKS:

Award yourself one point for each day you spend 15 minutes away from the:

- » Computer
- » TV
- » Phone
- » Radio

The goal: reach 20 challenge points to earn wellness program points.



Register and track your progress on the SimplyWell® portal. Go in through MyCreighton, click on the apple and log in with NET ID and BLUE password. Or go through the SimplyWell mobile app. The Employer Challenge is listed under the **Well-being** tab.

**Questions about this challenge
or your wellness program?
Call 888-833-5828.**