

I certify that I have made progress toward my goal.

EMPLOYEE SIGNATURE

NAME (PRINT)

EMAIL ADDRESS



Doing it for me in 2019

December 1, 2018 - April 30, 2019

*Health and wellness benefits
are administered by:*



**BlueCross BlueShield
of Vermont**

*An Independent Licensee of the
Blue Cross and Blue Shield Association.*

BENNINGTON COLLEGE

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Select 10 of these healthy tips to focus on.

I pledge to:

Set your GOAL For help creating a goal check out the **10 Tips for Setting Realistic Goals** handout!

My doing it for me in 2019 goal is:

To help you reach and maintain your goal we have created a list of supporting activities, choose any 10 activities to support your goal.

- Eat dinner with your family 4 nights a week for 4 weeks
- Introduce a new fruit or veggie a week for 4 weeks
- Participate in *National Walk @ Lunch Day* event on April 24
- Plan for and start your garden The Purple Carrot Farm here on campus also offers plots to faculty and staff. Email wellnesscommittee@bennington.edu for more information
- Attend an exercise class 2 times a week for a month
- Download a healthy app and track your food and exercise for 2 weeks
- Participate in a tobacco cessation program <http://802quits.org>. Free for Vermont residents!
- Volunteer for 4 hours in the community. Take advantage of our Community Engagement Program.
- Keep a gratitude journal for 2 weeks
- Go "tech-free" for 2 hours each evening for 2 weeks
- Eat 2 fruits and 3 vegetables three times a week for 4 weeks. General rule for servings — 1 cup fresh or ½ cup cooked.
- Attend a Bennington College wellness committee event
- Try a new exercise for 30 minutes, 3 times a week for 3 weeks
- Choose only nutrient-dense snacks for 3 weeks. Eliminate non-nutritious snacks such as chips, cookies, soda and anything high in sugar, artificial sweeteners or fat. Replace these foods with fresh fruit, nuts, cheese and veggie sticks.
- Park in the lot farthest from your office for two weeks.
- Have your annual physical
- Download and set-up the **Amwell** app and register for services
- Participate in a community walk/run event
- Get a massage. Did you know you can get a massage at a great price right here on campus? Email Kim Marsha for more info (kmarsha.massage@gmail.com)

- Join a sport league, club or tournament
- Check out equipment from the Meyer Rec Barn and get active outdoors! Equipment ranges from a canoe and cross country skis to camping gear.
- Other:

You can log and save all of your activities online! Visit <https://mybluehealth.bcbsvt.com> to log and track all of your "Doing it for me in 2019" activities. Simply click the "Incentives" tab on the homepage after logging in to start tracking. If you need help creating an account or remembering your user name or password simply email bwell@bcbsvt.com and within 24 business hours someone from the BWell team will reach out to help you!

Sign up, set your goal and complete 5 out of 10 activities by December 31, 2018 for a \$10 Hannford gift card. In addition enter to win the following raffles by tracking your progress through the mybluehealth.com portal or submit a copy of this form to Human Resources.

2018 Raffle

Complete 5 out of 10 activities by December 31, 2018 for a chance to win one of **three** \$200 prizes or one **of two** \$100 prizes.

2019 Raffle #2

Complete ALL 10 activities by February 28, 2019 for a chance to win one of two \$500 prizes.

2019 Raffle #3

Complete ALL 10 activities by April 30, 2019 for a chance to win one of two \$250 prizes.

**Employees can win one raffle in 2018 and one raffle in 2019, but not two raffles in one calendar year*

On the back page, fill in your name and email address. →