



OCTOBER WELLBEING CHALLENGES

- **Q4 Anchor Challenge – Walktoberfest – 5000 points**



Walktoberfest is back for year 3! This is a chief led steps challenge where the chiefs are competing to see who can achieve the highest step average for the month. More information about the challenge and registration will be shared in the NOW and in an upcoming email to Wellbeing Champions!

October Group Challenges:

- **Say Cheese – 1000 points**
Registration Opens Sept 28, 2020
Challenge Dates: Oct 5 – Nov 1, 2020



Other Challenges/Activities:

- **Link by Prudential (Oct 1 – Oct 31) – 1000 points**
- **October Culture Shaping Concept (Oct 1 – Oct 31)– 1000 points**
- **Prudential monthly webinar (Oct 1 – Oct 31) – 1000 points** – Visit the recommended section of the [My Financial Life homepage](#) on the Prudential website for additional information
- **Wellbeing survey – 5000 points** – complete by Sept 30, 2020 to be eligible for [2021 incentives](#).
- **Community Strong program (year-round) – 5000 points**
- **Preventive care screenings (year-round) – 2000 points**
- **Blood donation (year-round) – 500 points**
- **Corporate sponsored events (year-round) – 200 points**
- **Articles/Videos/Recipes (year-round) – 50 points**
- **e-learning courses (year-round) – 5000 points**
- **Discounted lab panel (year-round) – 2500 points**
- **Resilience Workshop (year-round) – 2500 points**
- **Snap Challenges (year-round) – 0 points**
- **Individual challenges (year-round)** – there are a wide variety of challenges available for you to complete at your own pace in each of our wellbeing dimensions. Choose up to 10 activities that are meaningful to you and earn **1000 points** for each challenge that you complete.

To view specific details or join challenges, visit the [Empower portal](#)



2021 Wellbeing Incentive Requirements:

In order to earn [wellbeing incentives in 2021](#), colleagues must complete the following by September 30, 2020:

- Wellbeing survey
- 25,000 Empower points (employee only)

Eligible spouses must complete the following by September 30, 2020 to be eligible for additional 2021 incentives:

- Wellbeing survey

**All colleagues and spouses, even those not enrolled in our benefits plan and those who are currently not benefit eligible, are encouraged to complete the wellbeing survey by the Sept 30, 2020 deadline. Should you decide to elect our benefits plan during annual enrollment or become benefits eligible, you will need to have completed the wellbeing survey by Sept 30, 2020 in order to qualify for the 2021 wellbeing incentives.*

**Only colleagues need to earn 25,000 Empower points to qualify for additional incentives.*

[Click here for the Wellbeing Incentives FAQs](#)