

The VEBA Health and Fitness Bucket List Challenge

Most of us have dreams about being more fit and healthy, whether it's running a marathon or losing ten pounds. In the movie *The Bucket List*, Morgan Freeman and Jack Nicholson demonstrated the liberating feeling of taking steps towards your dreams. Each created a list of things to do before "kicking the bucket" — and then took off on adventure to check everything off their list. Reaching your health and wellness goals can start with your own Bucket List of small steps toward a healthier you. The next Health & Fitness Challenge from the Southern California Schools VEBA provides you with a healthy Bucket List of easy steps you can incorporate into your life.

When: June 1 – 26, 2009

HOW THE PROGRAM WORKS (Applies to all district employees over age 18 years):

1. Welcome Kit & Registration

All you will need is the Welcome Kit and to fill out the registration information found in the "What's New at VEBA" section of www.vebaonline.com. The Welcome Kit contains the Bucket List check off sheet.

2. Weekly emails

You will receive weekly emails to keep you motivated and on track. The weekly email topics will include information and suggestions that will help you make the most of the Challenge activities, additional resources, information on group activities and more.

4. Personal Health Coaching*

If you are an employee covered under VEBA health insurance benefits, you are encouraged to complete the Health Status Survey, available online. If the results of the Health Status Survey show that you are eligible for Personal Health Coach Services based on your health status, your information will be forwarded to a health coach and they will contact you during the first couple weeks of the Challenge. All health information will be kept strictly confidential. If you would like more information, feel free to contact healthcoach@vebaonline.com or call 619-466-4386.

GUIDELINES:

_ On June 1, all VEBA members, their adult family members, and other district employees can start completing their Bucket Lists. You will have until July 26 to complete all of the items on the attached list. If you have other changes you'd prefer to incorporate into your life, then you can complete the blank sheet to make your own Bucket List. When creating your list, be sure to select achievable and realistic items that are good for your overall health.

_ Keep track of the progress you make as you complete your Bucket List. Check off the items you've completed and jot down the date on which you completed the activity.

_ You must complete the pre-test no later than June 14. Access the pre-test at: http://www.surveymonkey.com/s.aspx?sm=PVp99ljAJ51KpHeMb1utwg_3d_3d

_ Once you've completed your list, you will need to complete the post-test between July 26 and August 9. The post-test link will be emailed to you during week 8 of the challenge.

PRIZE ELIGIBILITY:

_ Complete your list by July 26 and you'll earn the full 40 points for completing the challenge. If for some reason you can't complete your full list, we'll still award you points for incorporating some of the healthy steps. If you complete 55 items, you will earn 35 points, 50 items earns 30 points, and 45 items earns 25 points. The pre- and post-tests are worth 20 points each.

_ To receive credit for your hard work, you will need to send your completed Bucket List to VEBA no later than July 31. You may complete the list online and email to healthcoach@vebaonline.com or fax a hand-written version to (619) 260-9144.

_ Points can be redeemed by all VEBA members and their adult family members covered under a VEBA plan. Your points can be redeemed for prizes by contacting healthcoach@vebaonline.com or call (619) 466-4386. Upon request you will be sent the current prize list and corresponding points. Points collected are good for any 12-month period. (Watch for our online store coming soon!)

***NOTE: Health coaching and rewards are only available to those employees receiving health insurance benefits through VEBA.**

For questions about the Health & Fitness Bucket List Challenge, contact healthcoach@vebaonline.com or call (619) 466-4386.