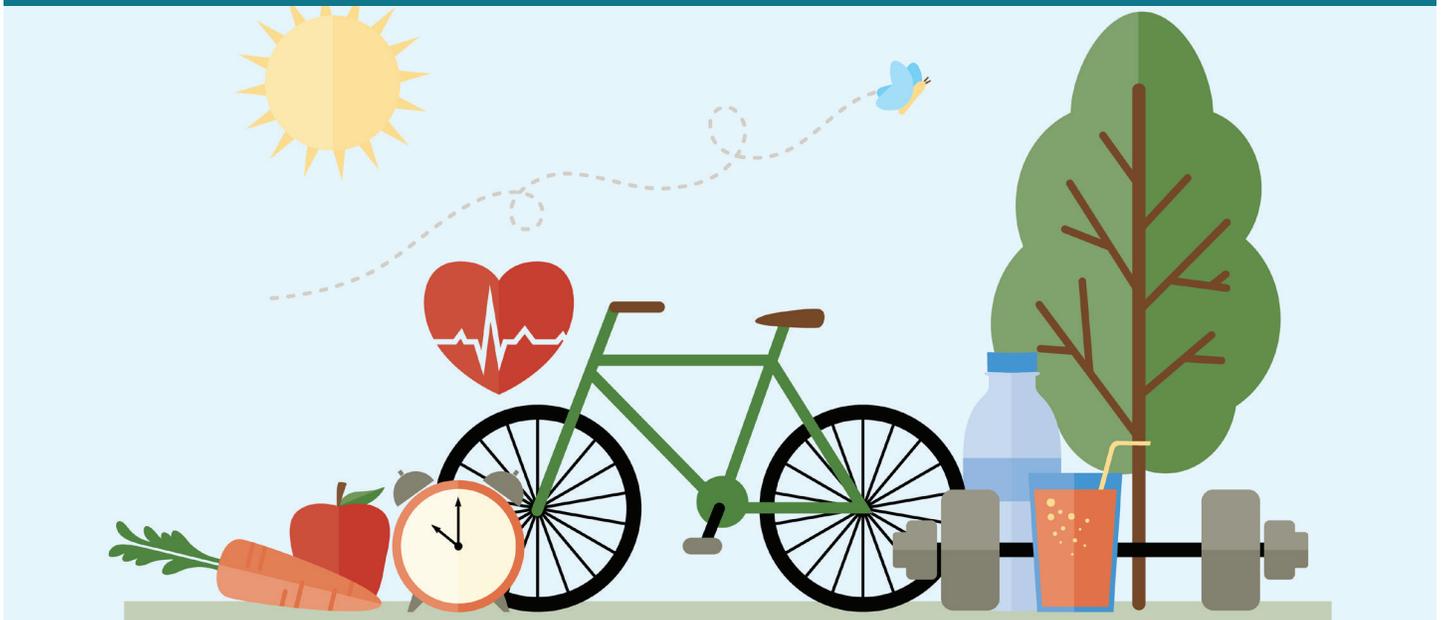


WellRight Challenge Program



The RCAB Health Benefit Trust is offering 12 new Challenges for the 2022-2023 Plan Year through WellRight. These Challenges focus on physical, mental, and social wellbeing. Join and you can earn 50 HRA/HSA dollars for every completed Challenge (subject to HRA/HSA maximums).

Who is eligible to participate?

Employees and spouses enrolled in the Archdiocese of Boston Enhanced, Basic, or High Deductible Health Plan and registered in *ahealthyme* are eligible to participate. Register at ahealthyme.com/login.

How do I sign up for a Challenge?

If you are currently enrolled in the RCAB WellRight Challenge program, you will automatically be enrolled in the Challenge every month, but participation is voluntary.

For those not yet enrolled, you can register online at catholicbenefits.wellright.com with your preferred email in MyEnroll starting on July 1. If you do not have an email on file with MyEnroll but want to participate in the Challenges, please email Kara Lavertu at klavertu@rcab.org. Employees must register in order for their spouses to be able to participate. When registering, spouses will also need to know the email address used by the employee to create a WellRight account.

How frequently do I need to log my activity in the WellRight portal?

You must log activities no later than seven days after the Challenge ends (applies to most Challenges in the program).

Please note that the Move It Challenge in September does not offer a grace period for you to log steps. We recommend that you log activity on a regular basis so you can keep better track of your activity.

Can I substitute a Personal Challenge for a scheduled monthly Challenge?

You may substitute up to three self-guided Personal Challenges for scheduled monthly Challenges during the Plan Year. To receive credit, you must complete the Personal Challenge in the same month as the scheduled Challenge you are replacing. You must also report the successful completion of each Personal Challenge to Kara Lavertu in order to earn points.

Is a mobile app available for this program? Can I receive text reminders?

Yes, the WellRight mobile app can be downloaded from the Apple or Google Play stores. If you add your mobile number to your account, hover over a Challenge, and click "i" to set text reminders, you can reply to the text to enable Challenge tracking via text.

If you have additional questions: Log in to your account at <https://catholicbenefits.wellright.com/act/auth/login> for valuable resources. The Challenge Program Guide can be found under the **Quick Links** section of your WellRight account dashboard. Select **Contact Support** in your account drop down menu for FAQs on the program. If you still have questions, submit a ticket to Customer Support at <https://wellright.freshdesk.com/en/support/tickets/new> or email Customer Service at support@wellright.com. You may also contact Kara Lavertu, Wellness & Wellbeing Manager, at klavertu@rcab.org or the Benefits Office at benefits@rcab.org with questions.

MONTH/ACTIVITY	DESCRIPTION	REQUIRED COURSE
July 2022 GOOD DEED	Perform 30 random acts of kindness and spread good cheer wherever you go. Hold the door for someone, clean the dishes, offer your seat on the bus or train, or pay someone a compliment. You can find many ways to help others or express kindness, and it's often the small things in life that have the greatest impact on others.	
August 2022 TREE HUGGER	Enjoy nature for 300 minutes over the next 31 days. Choose something you enjoy doing, like eating lunch on a park bench, riding a bike, or walking on a nature trail. You decide how to spend time enjoying nature.	
September 2022 MOVE IT (TEAM CHALLENGE OPTION)	Team up and get moving! The Move It Challenge invites you and team members to average 7,000 steps a day for at least 28 days. All recorded steps on your Fitbit, Apple watch, Garmin, or other fitness tracking device will auto-sync after the first setup connection.	<i>Exercise and Pulmonary Hypertension</i>
October 2022 OUTDOORS OCTOBER	Go hiking anywhere <i>three times</i> in New England and post a photo to the WellRight Message Board to share your experience! Take a photo of your hiking companions, the scenery, or anything you observe on your hike. Bring family or friends along to enjoy the autumn air!	
November 2022 BE GRATEFUL	Write down three things you are grateful for each day for 30 days. By the end of the Challenge, you should have a list of 90 things for which you are thankful. Expressing gratitude can alleviate stress, strengthen your relationships with others, increase your happiness, and contribute to your overall wellbeing.	
December 2022 FLEX TIME	Stretch for 100 minutes over the next 31 days. A quick stretch break can help decrease stress and tension, increase flexibility, reduce risk of injury, and provide a welcome mental break during the day.	
January 2023 ARCTIC 500 (TEAM CHALLENGE OPTION)	The Arctic 500 Challenge invites you and your team members to walk outside in the cold for at least 500 minutes over the next 31 days. Walking outside can brighten your mood during the dark days of winter and help you cultivate friendships with your walking buddies. Don't forget your hat and mittens! All recorded steps on your Fitbit, Apple watch, Garmin, or other fitness tracking device will auto-sync after the first setup connection.	<i>How to Build a Habit</i>
February 2023 TOP CHEF	Cook 10 new recipes this month and show off your cooking skills! Beginner and more seasoned chefs are welcome to participate. Post a picture of one of your dishes on the WellRight Message Board to share your culinary accomplishment with others. In general, home-cooked food is healthier than prepackaged or restaurant food because you control the ingredients. Invite your spouse, children, or friends to help you in the kitchen and make memories! Did you discover a recipe you really enjoyed? Post it to the WellRight Message Board!	<i>Healthy Cooking Techniques The best cooking techniques for easy and healthy meals</i>
March 2023 UPBEAT	The UpBeat Challenge invites you to complete at least 500 minutes of cardio exercise over the next 31 days. The goal of cardio exercise is to raise your heart rate for 20 minutes or more at a time. Cardio can lower your blood sugar, strengthen your heart, and help regulate blood sugar.	<i>What's the Best Cardio: Bike, Treadmill, or Elliptical?</i>
April 2023 GO H2O	Replace one or more beverages (soda, juice, coffee, etc.) with water for at least 28 days this month. Fight dehydration and at the same time improve your mental sharpness and reduce your overall calorie intake!	
May 2023 CREATE IT	Express your creativity for 500 minutes (average of 16 min/day). Play music, write poetry, dance, draw, garden, participate in a paint night with family or friends, or even tackle a do-it-yourself home repair. Being creative stimulates your mind, giving you a sense of identity and accomplishment.	
June 2023 HOME BREW	Imagine how much money you could save if you made your own coffee? This month, skip your favorite coffee place at least 20 times. Not a coffee drinker? Instead, challenge yourself to prepare a homemade lunch rather than eating out. Watch your savings add up!	<i>Nutrition Fundamentals</i>