

# B-Well 2023 Incentive Activities

**Well-being activities:** Available July 1 to June 30, 2024. Earn up to 250 points in well-being rewards

Timeframe	Activity	Reward
<b>Available all year</b> B-Well All Year	<ul style="list-style-type: none"><li>• <b>Complete (or update) your RealAge Test</b></li><li>• <b>Complete an Unwinding Anxiety Program</b> - Feel less anxious each day with tools to help you control anxiety and stress</li><li>• <b>Annual Wellness Visit</b> - Visit your doctor or Primary Care Physician and upload your completed form by June 15, 2024</li><li>• <b>Attend a local B-Well wellness event</b> at your facility</li><li>• <b>Check in with Yourself</b> - Find your motivation and complete your daily check-in</li></ul>	40 points 25 points 50 points 15 points 15 points
<b>July 1 to September 30</b> B-Active & B-Well Fueled	<ul style="list-style-type: none"><li>• <b>Summer Self Care Stress Less Challenge</b> - View the three videos for tools on building resilience to help you during the challenge and beyond - July 1 to July 31</li><li>• <b>Destination Steps Challenge</b> - US Route 66 - August 1 to Sept. 30</li><li>• <b>Eat the Rainbow Nutrition Challenge</b> - Sept. 1 to Sept. 30</li></ul>	15 points 15 points 15 points
<b>October 1 to December 31</b> B-Mentally Well, B-Connected & B-Active	<ul style="list-style-type: none"><li>• <b>Stay Mentally Sharp Sleep Challenge</b> - Oct. 1 to Oct. 31</li><li>• <b>Brain Boost Steps Challenge</b> - Nov. 1 to Nov. 30</li><li>• <b>Finding Gratitude</b> - Dec. 1 to Dec. 31</li></ul>	15 points 15 points 15 points
<b>January 1 to March 31</b> B-Connected, B-Informed & B-Well Fueled	<ul style="list-style-type: none"><li>• <b>New Year, New You Green Day Challenge</b> - Jan. 1 to Jan. 31</li><li>• <b>Healthier Heart Challenge</b> - Feb. 1 to Feb. 29</li><li>• <b>Contagious Kindness</b> - Mar. 1 to Mar. 31</li></ul>	15 points 15 points 15 points
<b>April 1 to June 15</b> B-Well Fueled	<ul style="list-style-type: none"><li>• <b>Eat More Green Nutrition Challenge</b> - April 1 to April 30</li><li>• <b>Spring Clean Your Routine Green Day Challenge</b> - May 1 to May 30</li><li>• <b>Ready Set Summer Steps Challenge</b> - May 1 to June 15</li></ul>	15 points 15 points 15 points

**Note:** You must register for Sharecare at [balladhealth.sharecare.com](https://balladhealth.sharecare.com) before downloading the app to unlock the benefits available to Ballad Health team members and receive credit for your incentive activities.

**Have peace of mind with Sharecare and your privacy.**  
We take privacy and security very seriously. Sharecare will never share your personal data with Ballad Health or anyone without your permission.

## Questions?

Contact Sharecare at [support.you.sharecare.com](https://support.you.sharecare.com) or call 855-425-9705.





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