

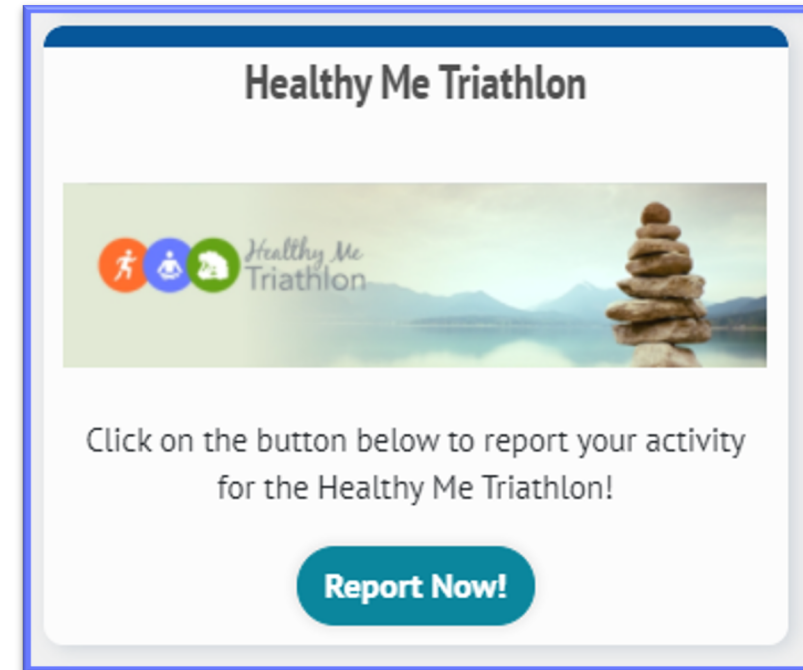


**March 15 – April 18**

Southern*LifeStyle* Rewards

# Participating in the Healthy Me Triathlon Challenge

- To participate in the Healthy Me Triathlon Challenge, log in via mySource or [www.socorewards.com](http://www.socorewards.com) starting **March 15**.
- You can access the challenge through the “Challenge” tab at the top of the homepage OR by clicking “Report Now” in the Healthy Me Triathlon tile on the homepage.



Complete the challenge by reporting **10 hours** of activity in the areas of **stress reduction**, **10 hours** in **physical activity** and report **30 points** for **healthy nutrition**.  
You will earn **\$25 HRA/HSA/FSA** for completing the challenge.

# Participating in the Healthy Me Triathlon Challenge

- Participants report their activities by adding minutes for stress reduction and physical activity and points for healthy nutrition each day.
- Use the arrows to add or remove minutes and/or points.
- Participants back report by scrolling down to the previous weeks in “History” and add minutes and/or points for the day they would like to report for.
- Participants will be able to back report to the previous weeks for the entire challenge.

The image shows a digital interface for reporting activities. It is divided into two main sections: 'REPORT ACTIVITY' and 'HISTORY'.

**REPORT ACTIVITY:** This section allows users to report their activities for a specific date, 03/19/2021. It features three columns: 'STRESS REDUCTION (minutes)' with a value of 10, 'PHYSICAL ACTIVITY (minutes)' with a value of 5, and 'HEALTHY NUTRITION (points)' with a value of 1. Each column has up and down arrows for adjustment and a 'Learn More' button. A 'Submit' button is located at the bottom of this section.

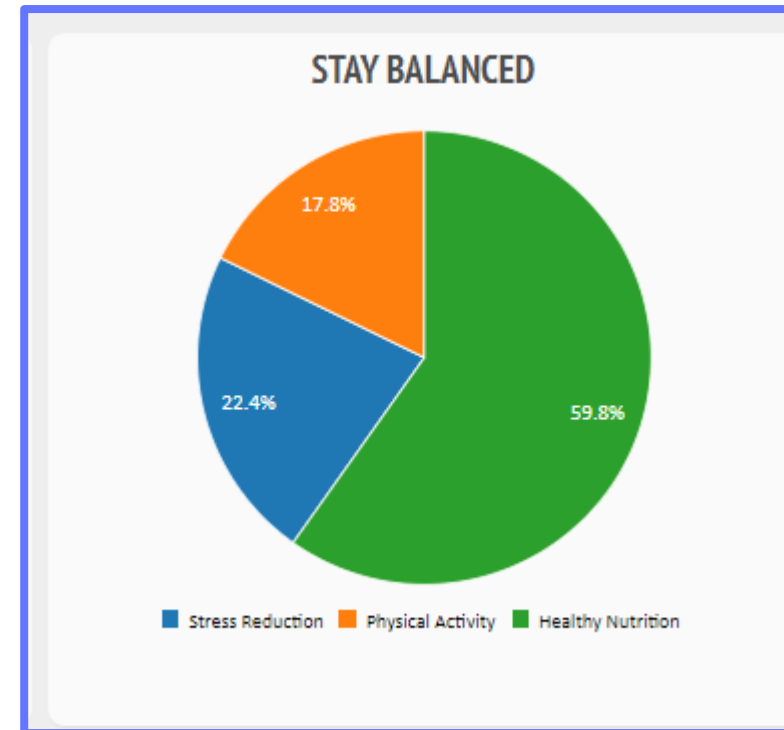
**HISTORY:** This section shows a grid of activity reports for the 'Week of March 15th 16'. The columns represent days of the week: Monday, Tuesday, Wednesday, and Thursday. Each cell in the grid contains a value (0 or 10, 5, or 1) and up/down arrows for adjustment. A 'Submit' button is located at the bottom of the history grid.

HISTORY			
Week of March 15th 16			
Monday	Tuesday	Wednesday	Thursday
0	0	0	0
0	0	0	0
0	0	0	0

REPORT ACTIVITY		
STRESS REDUCTION (minutes)	PHYSICAL ACTIVITY (minutes)	HEALTHY NUTRITION (points)
03/19/2021 10	03/19/2021 5	03/19/2021 1
10	5	1

# Participating in the Healthy Me Triathlon Challenge

- Track your progress throughout the challenge – The images below will appear in color the more activities you complete!



- Try and keep a healthy balance of all three activities throughout the challenge – The “Stay Balanced” pie chart will automatically update once activities are reported.

# Healthy Me Triathlon Challenge Overview

- 5-week challenge that runs from **March 15 – April 18**.
- No registration required.
- Participants will be able to back report to the beginning of the challenge during all 5 weeks.
- The challenge will be available on the site until **May 16**.
- Participants will need to complete 10 hours of activity in the areas of stress reduction, 10 hours in physical activity and report 30 points for healthy nutrition to earn **\$25 HRA/HSA/FSA**.