



DECEMBER 6 – DECEMBER 19

PAY IT FORWARD

KINDNESS CHALLENGE

Being kind to someone could begin a domino effect, enabling one simple act of kindness to go a long way and touch many other lives. Pay it forward over the next 2 weeks by completing at least 8 activities. Suggestions will be provided in the weekly emails or you can substitute your own creative ideas! Participants who meet the challenge goal of at least 8 activities will be eligible for the grand prize raffle!



OVERALL GOAL

Complete 8 acts
of kindness

REGISTER BY DECEMBER 5

Log in to your wellness platform by selecting **My Wellness** on your employee portal. Click the '**Challenges**' tile on the homepage to automatically enroll in the challenge!

Register by December 5th to be eligible for a raffle to win a \$25 Amazon gift card!

For more info, log in to your wellness platform by selecting **My Wellness** on your employee portal or contact info@mywellportal.com.

LOG YOUR PARTICIPATION

After completing a pay it forward activity, go to **My Wellness** on your employee portal, click on the '**Challenges**' tile and confirm you've completed an activity by selecting '**Yes**' next to the activity and clicking '**Save**'.

GET REWARDED

Those who complete 8 acts of kindness throughout the 2-week challenge will have a monetary contribution donation made in their name to a non-profit charity of their choice. The winner may choose from over 40 charities within the Charity Miles network!

