

HealthChoice is partnering with CARE to provide eligible plan participants interactive challenges and activities each quarter.

Q1 January–March

Walking in a Winter Wonderland movement challenge

Relax and Revive challenge

Health education video events:

- Find Your Balance
- I Want Abs!

Q2 April–June

Walking On Sunshine movement challenge

Health education video events:

- What the Gut?
- Gluten-Free Zone

Q3 July–September

Old McDonald Had a Farm movement challenge

Health education video events:

- Muscle Beach
- Oh, Those Dang Allergies

Q4 October–November

Walktoberfest movement challenge

Health education video events:

- Meals On Wheels
- Organic! Not Just For The Rich and Famous



To enroll in online Challenges or educational Action Plans, log in to **HealthChoiceOK.com**. From there, choose **Health Center** from **myMenu** and then select **Wellness CARE**. If you have any questions, feel free to call the Wellness CARE program at **800-323-4314**.

HealthChoice

