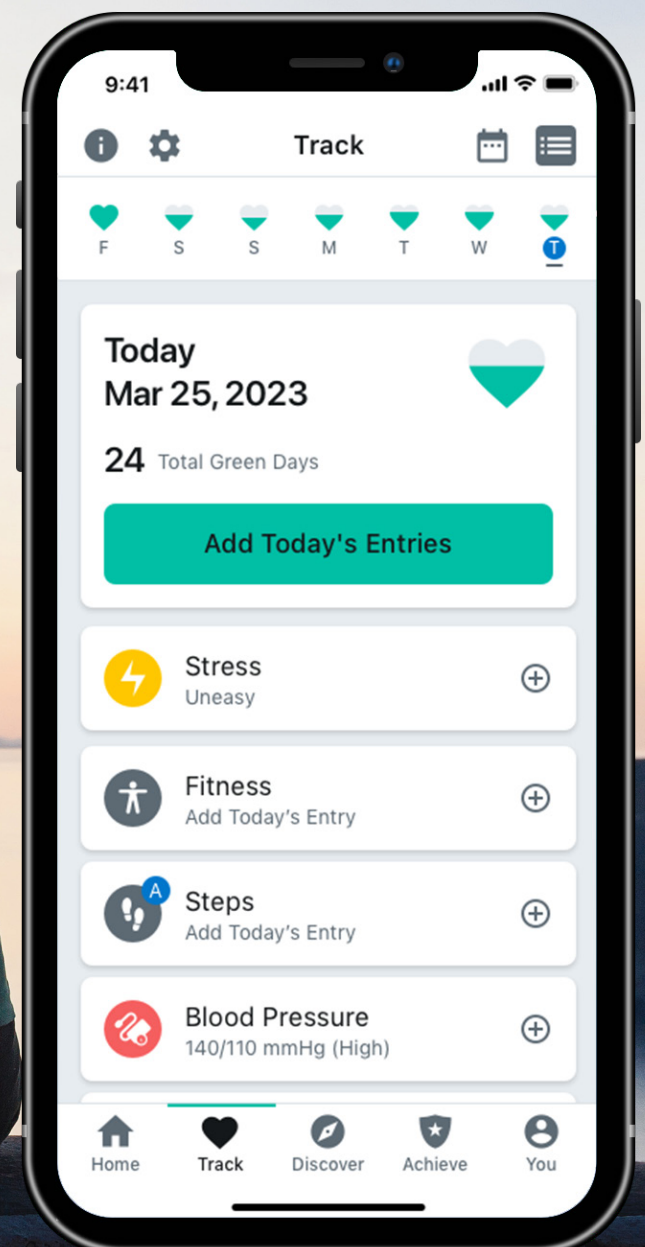


# STRESS LESS CHALLENGE

Learn how to manage your stress through the *Be Well SHBP®* Well-Being Program's Stress Less Challenge!



## BREATHE

Deep breaths and meditation are proven ways to help relax and focus the mind. To get started, take a minute to breathe.

## TRACK

Manually enter your stress levels, from calm to very intense, every day (via the Sharecare app or logged in on BeWellSHBP.com) **OR**

Utilize our custom voice analysis to analyze the stress fractals in your voice.\*

## EARN

Be mindful and track **never** or **sometimes** stress levels for at least 21 days during the challenge period. Members who meet the challenge goal will earn **40 points**.

To register, please visit [www.BeWellSHBP.com/stress](http://www.BeWellSHBP.com/stress) and navigate to Challenges under the "Achieve" Tab.

\*Custom voice analysis in IOS only.

Members must register and complete the RealAge® Test at BeWellSHBP.com prior to points being awarded for a challenge. Visit the Sharecare Redemption Center at <https://you.sharecare.com/rewards-program> to see all the ways to earn points this year, and then click on the "Rewards" tab when you are ready to redeem your points for your choice of reward.