

Hydration Challenge

Healthy hydration is one of the most important aspects of your diet. Staying hydrated ensures that your brain, heart, muscles and other systems in your body work properly. Join the Beat the Heat Self-Attest Hydration Challenge and drink more water daily to stay well-hydrated.

To participate in the challenge:

- 1 Log in to your Sharecare account or register at **BeWellSHBP.com/hydrate**.
- 2 Select Achieve and then Challenges.
- 3 Select Beat the Heat Self-Attest Hydration Challenge and Join Challenge.
- 4 Track your daily water intake directly on the Beat the Heat Self-Attest Hydration Challenge page. Aim to increase your water intake and answer the self-attest question for at least 21 days in June.

Have questions?

Call 888-616-6411 or visit BeWellSHBP.com/hydrate.