



**DECEMBER 5 - JANUARY 1, 2017**



THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR  
DEPARTMENT OF  
HUMAN RESOURCES

healthy **COLUMBUS**  
CITY EMPLOYEE WELLNESS PROGRAM

The holidays can be stressful. Taking care of yourself can help to reduce that stress. The Healthy Holidays challenge encourages you to be mindful about exercising, drinking water, and getting enough sleep.

As a participant, you earn points based on your healthy responses that will increase your ranking and your eligibility to win incentives.

It can be challenging to make healthy changes alone; so with support, changing your choices can help change your life

## GETTING STARTED

REGISTRATION OPENS NOVEMBER 14, 2016

- You will go to **www.livehealthycentralohio.com** to register yourself. This is an individual challenge so you will be your own "team" of one.
- Enter Group Registration ID: **LHCOLUMBUS.**
- Use the Live Healthy America contact information below for questions regarding registration.
- If you have participated in a Live Healthy America program in the past, please sign in with that username/ password information.

## TRACKING ACTIVITY

- Log into your Live Healthy dashboard:  
**www.livehealthycentralohio.com**
- Click on the myTracker tab to start logging your activity.

## PRIZES

- Earn a Healthy Columbus Gym Bag, Healthy Columbus 32oz water bottle, Healthy Columbus Knit Hat, Healthy Columbus Sunglasses and more!
- Win gift cards for entering our holiday music challenge, submitting healthy side dish recipes, or decorating your office, work, home or car!

*\*All prizes subject to tax.*