

MENTAL HEALTH MATTERS

Challenge



MAY 1ST – MAY 29TH

Mental health is foundational to overall- it shapes how we think, feel, and show up every day. Join us this May for a month-long challenge designed to help you prioritize self-care, build healthy habits, and learn about mental health resources available to support you.



EARNING WELLABLE POINTS



Move Your Body

Walking, running, cycling, or any fitness activity



Calm Your Mind

Mindfulness, relaxation, or stress-management practices



Commit to Mental Health

Make a personal commitment to prioritize your well-being



Complete special challenge activities

Fun and engaging activities throughout the month



PRIZES



Self-Care Activity Raffle

Each daily self-care activity = 1 raffle entry



5 Prizes Available: \$50 Gift Card



Personal Commitment Raffle

Everyone who makes a Personal Commitment to Mental Health is entered



2 Prizes Available: \$50 Gift Card



Grand Prizes for Highest Points

3 grand prizes awarded at the end of the challenge to participants with the highest points



3 Prizes Available: \$75 Gift Card

MORE PARTICIPATION = MORE CHANCES TO WIN!

WELLABLE

ALREADY HAVE A WELLABLE ACCOUNT?

✓ You're automatically enrolled – just start participating!

NEW TO WELLABLE?

- 1 Create an account at: <https://app.wellable.co/imagendentalpartners>
- 2 Watch for your Welcome email
- 3 Connect your tracking device (online or via the Wellable app)

