

# Unwrapped Challenge FAQ's

*This challenge focuses on increasing your intake of fruits and vegetables while taking advantage of the wide array of healthful options that are available. As a part of a team, you will work to reach the highest level possible.*

**Goal:** Participating in Unwrapped makes you more aware of whether or not you are getting your fill of fruits and vegetables daily. Each day you will record your fruit and veggie intake online. Along the way, you earn one point for each cup of fruit or vegetable eaten daily. Meet the recommended goal of two cups of fruit and three cups of vegetables daily and you earn BONUS points to move you closer to the goal of 375 points by the end of the challenge.

## What do I need to know about the Unwrapped challenge?

- **Challenge Dates:** Monday, April 18 – Sunday, May 29 (6 Weeks)
- **Registration dates for Challenge:**
  - Onsite registration during Health Screenings: March 8, 2016 – April 13, 2016
  - Online registration: March 28, 2016 - April 24, 2016
- Starting March 28 online registration is available at [www.mywellsite.com/tavihealth/FranklinCounty](http://www.mywellsite.com/tavihealth/FranklinCounty).
- If registering online please use Company Code: **ThriveOn**
- Registration will be offered during on-site health screening events.
- This is a Team Challenge. Teams must be a minimum of 4 people, maximum of 20. If your location has more than 20 participants, employees will be equally divided within your agency.
- Your team is the BUILDING you work in. The list of teams will be available at the onsite registration during the health screening events. The list of teams will also be available online during registration.
- **Goal: You must achieve a minimum of 375 points during the 6 week challenge.**

## Who is eligible to participate?

- All benefits eligible employees and spouses or domestic partners can participate in the challenge.

(Turn for more info —>)

### What happens after I register?

- You will receive a welcome email from [support@tavihealth.com](mailto:support@tavihealth.com) with details to confirm your registration.
- If registering at a Health Screening you will receive this email on March 28th.
- **If you do not receive a confirmation email please contact [614-310-2629](tel:614-310-2629).**
- **To complete the registration process, you MUST open the email to select your team from the dropdown box and reset the temporary password.**
- Your username is your email address.

### How do I earn points and track my activity?

- You will track your activity using [www.mywellsite.com/tavihealth/FranklinCounty](http://www.mywellsite.com/tavihealth/FranklinCounty).
- **You will earn a Maximum of 13 points per day by:**
  - Earning 1 point for each recommend cup of fruits and vegetables.
  - **BONUS:** Each day you eat more than 2 cups of fruits and 3 cups of veggies, you will earn additional points.
- Participants are able to backlog activity for the prior 10 days.

### Prizes:

- The **Top 10 teams** who average **375 points** or more will receive a **\$25 Kroger or Giant Eagle gift card** for each employee on the team!
  - Only employees are eligible for the \$25 Gift Card.
  - Spouses of employees can participate and will be eligible for the Hello Happy points.
- Each participant who achieves 375 points or more will receive 10 points for the Hello Happy Incentive Campaign.

***ThriveOn for your health!***