

VAN WERT HEALTH PRESENTS

LIVE HEALTHY VAN WERT 2020 COMMUNITY CHALLENGE



Registration Period: through Jan. 31
Challenge Period: Feb. 1st - Mar. 28

Restart your New Year and focus on small changes during the Live Healthy Van Wert 8 week community challenge. Use the FREE Live Healthy Van Wert website and/or app to track your progress and enter to win prizes. Enroll in one or more challenges, push yourself to meet the weekly targets and record your activity along the way.

Earn weekly points for reaching or exceeding each challenge target. Every person that completes an 8 week challenge will receive a T-Shirt.

For every 80 points earned your name will be entered to win items such as:

- Choice of a Traeger or Weber grill
- Fitbit Versa 2
- \$100 Garden Starter Kit which includes coaching from a Master Gardener
- Health & wellness services
- Farmers Market & Greenhouse gift certificates
- and more!

Challenge Options



LHW Boost Your Active Minutes

LHW Fruits & Veggies Matter



LHW Hydrate

Registration through
1/31/2020

<http://lhvw.medikeeper.com>

Access Code:
LHVW2020



After registering online,
download the free
Alaveda app to your
device for easier access.



This event is free and open to individuals 14+ years that live, attend school or work in Van Wert County.

Register one of two ways:

1. Stop by a Registration Assistance Event:

Gaylord E. Leslie Wellness Center

140 Fox Rd. Suite 101, Van Wert

Wed, 1/22 7-9 am Thurs, 1/23 4-6 pm

Mon, 1/27 4-6 pm Tues, 1/28 7-9am

Brewed Expressions Cafe

109 W. Main St., Van Wert

Wed, 1/22 11 am - 1 pm

Wed, 1/29 11 am - 1 pm

2. Self Register:

Go to <http://lhvw.medikeeper.com> on a computer, tablet or smartphone or scan the QR code above. (Already have an active MediKeeper account through your work? Check with your employer about steps to enroll!)

- Complete the registration information using **Access Code: LHVW2020**. Be sure to remember your username and password.
- You will then be directed to a Home Screen with the following tiles.
 - **Health Assessment:** Answer the health assessment and earn 25 points
 - **Challenges:** Click here to enroll in a challenge and watch the leaderboard.
 - **Trackers:** Track your progress manually or sync a tracking device such as Fitbit.
 - **Incentives & Rewards:** View all the opportunities to earn points throughout the challenge and watch your points add up each week.

Community Events:

Earn 80 points for each event you participate in.

- **Fitness Frenzy event:** 6 -8 pm on Tues, 2/25 at Van Wert Elementary School Cafeteria
- **Grocery Store Tour:** March date and details coming soon!

Challenge Finale: 3 - 7 pm on Thurs, 4/2 at Brewed Expressions Cafe. Celebrate your success and the success of the community at an open house finale. All drawing winners will be announced at this time and prizes will be available for pick up. *Wellness platform will close to community users on April 15, 2020.*

Brought to you by:

In partnership with these Live Healthy Van Wert partners:



Van Wert Health

