



A Good Night's Sleep

Avoiding insomnia, stress, and digital toxicity.

health matters®

FOCUS • PREVENT • PROMOTE

CREATING A CULTURE OF WELLNESS



Register today and improve sleep habits.
www.EHAWellness.org/rest

Register online or by returning this small section by
7/31/2017 to: IHW Processing Center - EHA,
520 N. Main Street STE C104, Heber City, UT 84032

EHA Code:

Challenge Registration 2017-2018 Open



Healthy Lunch Club

October 2017



Project Zero

December 2017



Mind Body Spirit

February 2018



Indy 500

3/26-5/7 2018



Organize & Rejuvenate

June 2018



Color Yourself Calm

August 2018

A Good Night's Sleep

August 2017

We spend on average one-third of our entire lives sleeping. For most people that equates to 26 years of sleep - or at least 26 years spent trying to sleep. Sleep is a basic necessity of life; it is as important to our health and well-being as air, food, and water. When we sleep well, we wake up feeling refreshed, alert, and ready to face daily challenges. When we don't, every part of our lives can suffer. Our jobs, relationships, productivity, health, and safety are all put at risk.



Lack of sleep may have serious consequences. A recent poll conducted by The National Sleep Foundation (NSF) found that 74 percent of American adults are experiencing sleeping problems a few nights every week, 39 percent are getting less than seven hours of sleep a night, and more than one in three are feeling so sleepy during the day that it interferes with daily activities. All participants will receive Dr. Brian Seaward's book *A Good Night's Sleep*. This book explores factors that affect our sleep that most people haven't thought about yet - factors that are absolutely within our control that we can start improving today. We live in a world full of incredible technology, and while it has improved many aspects of our lives, it can rob us of our sleep and ultimately our health.

8*13*****SCH 5-DIGIT 68003

1941

Fremont Public Schools - High School
Scott Hicken
PO Box 298
Omaha, NE 68031-0298



August Action Days

Report challenge completion by September 10, 2017.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
500 \$25 Gift Cards 20 days required for drawing	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Return to: 520 N. Main Street STE C104 Heber City, UT 84023	

PRSORT STD
U.S. POSTAGE
PAID
PERMIT NO. 5
HEBER CITY, UT

Always follow your primary care provider's recommendations if this challenge guidelines interfere with any medical treatment or condition. This action will constitute adherence to this challenge.

Challenge Guidelines August 2017:

- Read *A Good Night's Sleep* - 127 pages
- Sleep 7 - 9 hours each night. Time begins when you get into bed and ends when you get out.

Register | Track | Update | EHAwellness.org
Scott Hicken - SH756329



\$150 Individual Elevate Status



Visit website for current status. Due 9/15/2017.



Educators Health Alliance
256 N. 115th St., Suite 7
Omaha, NE 68154
402.614.0491

© 2017 Integrated Health & Wellness
Information may not be reproduced, copied, cited, or
circulated in any printed or electronic form without written
permission from Integrated Health & Wellness.

EHA Wellness Works

"It was just a great reminder to keep at it!"



A Good Night's Sleep

Avoiding insomnia, stress, and digital toxicity.

health matters®

FOCUS • ENGAGE • INSPIRE CREATING A CULTURE OF WELLNESS



Register today and improve sleep habits.
www.EHAWellness.org/rest

Register online or by returning this small section by
7/31/2017 to: IHW Processing Center - EHA,
520 N. Main Street STE C104, Heber City, UT 84032

EHA Code:

Challenge Registration 2017-2018 Open



Healthy Lunch Club

October 2017



Project Zero

December 2017



Mind Body Spirit

February 2018



Indy 500

3/26-5/7 2018



Organize & Rejuvenate

June 2018



Color Yourself Calm

August 2018

A Good Night's Sleep

August 2017

We spend on average one-third of our entire lives sleeping. For most people that equates to 26 years of sleep - or at least 26 years spent trying to sleep. Sleep is a basic necessity of life; it is as important to our health and well-being as air, food, and water. When we sleep well, we wake up feeling refreshed, alert, and ready to face daily challenges. When we don't, every part of our lives can suffer. Our jobs, relationships, productivity, health, and safety are all put at risk.



Lack of sleep may have serious consequences. A recent poll conducted by The National Sleep Foundation (NSF) found that 74 percent of American adults are experiencing sleeping problems a few nights every week, 39 percent are getting less than seven hours of sleep a night, and more than one in three are feeling so sleepy during the day that it interferes with daily activities. All participants will receive Dr. Brian Seaward's book *A Good Night's Sleep*. This book explores factors that affect our sleep that most people haven't thought about yet - factors that are absolutely within our control that we can start improving today. We live in a world full of incredible technology, and while it has improved many aspects of our lives, it can rob us of our sleep and ultimately our health.

8*13*****SCH 5-DIGIT 68003

1942

Fremont Public Schools - High School
Leann Robinson
PO Box 3024
Hooper, NE 68031-0301



August Action Days

Report challenge completion by September 10, 2017.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
500 \$25 Gift Cards 20 days required for drawing	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Return to: 520 N. Main Street STE C104 Heber City, UT 84023	

PRSORT STD
U.S. POSTAGE
PAID
PERMIT NO. 5
HEBER CITY, UT

Always follow your primary care provider's recommendations if this challenge guidelines interfere with any medical treatment or condition. This action will constitute adherence to this challenge.

Challenge Guidelines August 2017:

- Read *A Good Night's Sleep* - 127 pages
- Sleep 7 - 9 hours each night. Time begins when you get into bed and ends when you get out.

Register | Track | Update | EHAwellness.org
Leann Robinson - LR742406



\$150 Individual Elevate Status

PHA



Form



Challenges



Visit website for current status. Due 9/15/2017.



Educators Health Alliance
256 N. 115th St., Suite 7
Omaha, NE 68154
402.614.0491

© 2017 Integrated Health & Wellness
Information may not be reproduced, copied, cited, or
circulated in any printed or electronic form without written
permission from Integrated Health & Wellness.

EHA Wellness Works

"It's a great program! I'm glad that I did it. Learn so much from it."



A Good Night's Sleep

Avoiding insomnia, stress, and digital toxicity.

health matters®

FOCUS • ENGAGE • INSPIRE CREATING A CULTURE OF WELLNESS



Register today and improve sleep habits.
www.EHAWellness.org/rest

Register online or by returning this small section by
7/31/2017 to: IHW Processing Center - EHA,
520 N. Main Street STE C104, Heber City, UT 84032

EHA Code:

Challenge Registration 2017-2018 Open



Healthy Lunch Club

October 2017



Project Zero

December 2017



Mind Body Spirit

February 2018



Indy 500

3/26-5/7 2018



Organize & Rejuvenate

June 2018



Color Yourself Calm

August 2018

A Good Night's Sleep

August 2017

We spend on average one-third of our entire lives sleeping. For most people that equates to 26 years of sleep - or at least 26 years spent trying to sleep. Sleep is a basic necessity of life; it is as important to our health and well-being as air, food, and water. When we sleep well, we wake up feeling refreshed, alert, and ready to face daily challenges. When we don't, every part of our lives can suffer. Our jobs, relationships, productivity, health, and safety are all put at risk.



Lack of sleep may have serious consequences. A recent poll conducted by The National Sleep Foundation (NSF) found that 74 percent of American adults are experiencing sleeping problems a few nights every week, 39 percent are getting less than seven hours of sleep a night, and more than one in three are feeling so sleepy during the day that it interferes with daily activities. All participants will receive Dr. Brian Seaward's book *A Good Night's Sleep*. This book explores factors that affect our sleep that most people haven't thought about yet - factors that are absolutely within our control that we can start improving today. We live in a world full of incredible technology, and while it has improved many aspects of our lives, it can rob us of our sleep and ultimately our health.

8*13*****SCH 5-DIGIT 68003

1943

Logan View Public Schools -

Natalie Edwards

PO Box 4026

Hooper, NE 68031-0347



August Action Days

Report challenge completion by September 10, 2017.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
500 \$25 Gift Cards 20 days required for drawing	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Return to: 520 N. Main Street STE C104 Heber City, UT 84023	

PRSORT STD
U.S. POSTAGE
PAID
PERMIT NO. 5
HEBER CITY, UT

Always follow your primary care provider's recommendations if this challenge guidelines interfere with any medical treatment or condition. This action will constitute adherence to this challenge.

Challenge Guidelines August 2017:

- Read *A Good Night's Sleep* - 127 pages
- Sleep 7 - 9 hours each night. Time begins when you get into bed and ends when you get out.

Register | Track | Update | EHAwellness.org
Natalie Edwards - NE761816

Next Challenge:

Healthy Lunch Club

Maximizing your mid-day nutrient and energy source.
October 2017



Educators Health Alliance
256 N. 115th St., Suite 7
Omaha, NE 68154
402.614.0491

© 2017 Integrated Health & Wellness
Information may not be reproduced, copied, cited, or
circulated in any printed or electronic form without written
permission from Integrated Health & Wellness.

EHA Wellness Works

"It's a great program."