

HAVE FUN GETTING HEALTHY

Take the Life Connected Challenge.

Make your own lunch and bring it to work	Create a to-do list to help you get organized	Eat meatless meals for one day	Grow or plant flowers to liven up your home	Plan a gathering or day trip with your friends	Set a savings goal for the week and reach it
Eat 5 servings of fruits and vegetables	Pick up at least 5 pieces of litter	Volunteer in your local community	Have a movie night at home	Practice mindfulness by eating a meal slowly	Participate in a community cleanup
Keep your shower between 10-15 minutes	Set a budget for a week and stick to it	Tackle a new puzzle or word search	Consume non-sugary beverages for the day	Enroll or participate in a group exercise class	Use or look for coupons when available
Perform a random act of kindness	Take a 20-30 minute walk	Go screen free during dinner time or all day	Send an encouraging text to someone	Coordinate a carpool to and from work	Meditate for 10-15 minutes today
Think of a goal and find a path to reach it	Call someone you haven't spoken to in a while	Turn off electronics 1 hour before going to bed	Make today a "No Spend" day	Play catch or shoot hoops with someone	Recycle glass, paper and plastics
Schedule your annual wellness checkup	Turn off water while brushing teeth	Try a new, healthy recipe	Say thank you at least 5X today	Review and/or update your beneficiary	Send a card to someone special
Participate in or discover a new hobby	List 3 things that are going well for you	Cook a meal at home instead of eating out	Check and change air filters if necessary	Pay someone you know a compliment	Try a new way to make your favorite veggie

The Life Connected Challenge is healthy and fun.

Here are the rules:

1. Take a moment to review the entire game board. As you can see, it's filled with circles containing a suggested "action/task" that focuses on enhancing your well-being.
2. You have up to 14 days to complete four healthy actions/tasks as described in each circle.
3. Select no more than one action/task on any given day.
4. Once your first action/task is completed, mark a big "X" over the corresponding circle.
5. Next, choose an action/task from a circle that's adjacent to your X-ed out circle.
6. The trick is choose actions/tasks carefully – so you can connect four circles in a row, either horizontally, vertically or diagonally.

You can play individually or with a family member, friend or coworker. If two people are playing, we suggest that each player selects different actions/tasks. The first player to successfully connect four circles in a row wins.



This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Your employer sponsors this program and is solely responsible for administering any of the prizes that might be awarded. Contact your employer for full details.

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