Stress Less
Blood Pressure Challenge

Get Started
Scan the QR Code to register today

This challenge will help you learn stress-reduction techniques you can use to help lower your blood pressure throughout the day.

Over the course of a month, you are asked to track your blood pressure before and after performing a stress-reduction activity on ten separate days using a health kiosk or blood pressure monitor located at your worksite or home.

Be entered into a seasonal drawing for 1 of 5 $100 Corporate Rewards gift cards*

Earn 15 Healthy Lifestyle Activity Points**

*All gift cards are subject to taxation.
**This challenge can be completed once per reporting year (March - February) for points.