

# 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.*

