

FOCUS
BALANCE
HEALTHY
EXERCISE
ASSESSMENT

WELLNESS

MOTIVATION
ENERGY
TRANSFORMATION
NUTRITION
ENDURANCE

ACTIVITY POINTS DUE

Just a reminder that your health activity tracker points are due by

SEPTEMBER 30, 2016!

- To log in and check your point status, go to www.cincyhealthworks.com and log into the UD portal site with the passwords you set up last fall. If you need to reset your password, call 513-751-1288.
- To submit points, e-mail Udpoints@cincyhealthworks.com (*Please allow up to 7 business days for us to process this request*).
- *To earn your additional \$120 off of your premium, you must have accrued 120 points between October 1, 2015-September 30, 2016.*

Health orks

Building **Healthy** Worksites