

CHECK OUT THE NEW CHANGE4LIFE® AND YOU COULD WIN!



Check out the new modern look of all of your favourite features – like reminders, trackers, learn & earns and rewards – and you could win one of five **\$1,000 gift card packages!**

HOW TO WIN

To be entered in the draw, **earn 500 points on the Change4Life portal between December 1st and December 15th.**

HOW TO EARN POINTS ON CHANGE4LIFE...

Complete Learn & Earn Modules	25 points each
Finish Answer & Earn Modules	250 points each
Add a Medication Reminder	100 points
Add Any Health Tracker	50 points per day
Join the Mindfulness Program	200 points per session

NEW TO CHANGE4LIFE?

There's never been a better time to get started! Look for Change4Life on your main GSC Online Services menu.