CHECK OUT THE NEW CHANGE4LIFE® AND YOU COULD WIN!

=	Change ⁴ Life [*] green shield canada			500 Total Points Q Q	Français	
Â	洽 Dashboard					
*	My Score Nov 20, 2019		Mindfulness Program This program will give you he knowledge and tools to			
a	94% Low Risk Last Score		he knowledge and tools to nelp you practice mindfulness.		<u> </u>	4
*	Click here to re-take your HRA and earn 500 points!	Next Draw: Dec 24, 2019	Get Started or Continue		green shield car	+Life° ada▼
	My Priorities Select a risk factor to get started on your journey			🕳 Low Risk 🛛 — Medium i	Dashboard	
	Diet	Small Facts Healthy Eating: It's Important	ITrackers	X	My Score Nov 20, 2019	Ð
\$	i ă t	Read Now 25 Points	Track Now 50 Points	Tip of the Congratulations!	94%	J
	_			_	Low Risk	
					31% Last Score	龃
					→ (¹) →	

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**

HOW TO EARN POINTS ON CHANGE4LIFE...

Complete Learn & Earn Modules Finish Answer & Earn Modules 25 points each 250 points each

500 points on the Change4Life portal between December 1st and December 15th. Add a Medication Reminder Add Any Health Tracker Join the Mindfulness Program 100 points50 points per day200 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.



