

THE HUMAN RESOURCES DEPARTMENT'S WELLNESSWORKS PROGRAM INVITES YOU TO JOIN THE...

H2O is the WAY TO GO

2024 HYDRATION CHALLENGE

Summer is the perfect time to check in on your hydration status. With the summer heat, comes the risk of dehydration and other heat related illness. Water is essential to good health. Are you getting enough?



THE CHALLENGE

During the month of July log on to [HealthyRoads.com](https://www.healthyroads.com) DAILY (Monday-Friday) and attest that you are completing the CHALLENGE PLAN for at least 20 days!



4 WEEK CHALLENGE PLAN

- WEEK 1 - Each day drink a minimum 5 cups of water
- WEEK 2 - Each day drink a minimum 7 cups of water
- WEEK 3 - Each day drink a minimum 9 cups of water
- WEEK 4 - Each day drink a minimum 11 cups of water

REGISTRATION OPENS
JUNE 17, 2024

HOW TO JOIN

- AvMed members visit [HealthyRoads.com](https://www.healthyroads.com)
- Select "Challenges"
- Click "H2O is the Way to GO Hydration Challenge 2024"

EARN POINTS + CREDITS

Upon completion of the challenge, you will receive 25 points toward your 75 point goal for the quarter. For each quarter in which you earn 75 points you will be entered to win \$250 drawings. WellnessWorks rewards are subject to payroll taxes.

Enter your challenge information on [HealthyRoads.com](https://www.healthyroads.com) and earn credits each day. Successfully complete 100 credits to finish the challenge.

CHALLENGE DATES
JULY 1-27, 2024

FOR MORE INFO email WellnessWorks@miamidade.gov

Presented by the Human Resources Department's Benefits and Employee Support Services Division



To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).