




Hydrate for Your Health Challenge

Drink up, take a sip, get hydrated!

Challenge Dates: September 1 to September 30
Goal: Participate and self-attest to drinking
enough water for at least 21 days this month.

Staying hydrated by drinking enough water every day can help you maintain a healthy weight, improve skin complexion, boost energy levels, and more! This month, aim to drink 6 to 8 glasses of water each day and self-attest within the Challenge.

GETTING STARTED

- Log in or register at azblue.sharecare.com.
- Find **Challenges** under the **Achieve**  icon.
- **Join** an “Active” or “Upcoming” challenge by the 7th of the month.
- **Self-Attest** to your activity daily within the Challenge.

CHALLENGE DETAILS

- Deadline to track your self-attestations is by 9 p.m. Arizona time on September 30.
- You can go back seven days in the month to add or edit your self-attestations.
- Meeting the goal earns you 50 points.