



# Eat for the Health of It Challenge


Pack your meals  
with nutrients.

Challenge Dates: **May 1 to May 31**

Goal: **Self-Attest to eating healthier for at least 21 days.**

Eating a healthy diet that includes fruits, vegetables, and leafy greens can give you the energy you need to stay active throughout the day. It can also help lower your risk of heart disease, diabetes, obesity, high blood pressure, and stroke. For the next month, include fruits, vegetables, or leafy greens in your meals each day, and self-attest in the Challenge.

## GETTING STARTED

- Log in or register at [azblue.sharecare.com](https://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 enter your self-attestations is by 9 p.m. Arizona time on May 31.
- You can go back seven days in the month to add or edit your self-attestations.
- Meeting the goal earns you 50 points.