

# 2026 MoDOT/MSHP Total Health & Wellness challenges



## Get inspired and earn rewards through healthy living

In 2026, the MoDOT/MSHP Total Health & Wellness program includes monthly challenges to help you practice healthy habits all year long.

The monthly *It Pays to Be Well* newsletter will include details for each of the challenges listed on the other side.











### **It Pays to Be Well (IPTBW) challenges**

Throughout the year, you can earn prizes for completing selected monthly challenges. Be on the lookout each month to find out what challenge has been selected for the ability to earn a prize. Complete all four IPTBW challenges in the BeWell platform to earn a grand prize.



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| Month     | Monthly challenge  |
|-----------|--|
| January   | Checklist challenge  |
| February  | Food as Medicine challenge   |
| March     |  <b>IPTBW Challenge: BeWell — Building Healthy Habits with Sleep in Mind</b><br>March 1–31<br><ul style="list-style-type: none"> <li>Visit the <a href="#">MoDOT and MSHP Total Wellness page</a> or scan this code to register:</li> <li>Walk at least 10,000 steps per day and log your progress.</li> </ul>   |
| April     | Shingles challenge   |
| May       | Depression challenge   |
| June      |  <b>IPTBW Challenge: BeWell — Off-Limits Expedition</b><br>June 1–14<br><ul style="list-style-type: none"> <li>Visit the <a href="#">MoDOT and MSHP Total Wellness page</a> or scan this code to register:</li> <li>Walk at least 10,000 steps per day and log your progress.</li> </ul>                         |
| July      | Vaccines/Childhood challenge   |
| August    | Cyberbullying challenge  |
| September |  <b>IPTBW Challenge: BeWell — American Football Stadium Tour</b><br>September 1–30<br><ul style="list-style-type: none"> <li>Visit the <a href="#">MoDOT and MSHP Total Wellness page</a> or scan this code to register:</li> <li>Walk at least 10,000 steps per day and log your progress.</li> </ul>         |
| October   | Breast Health challenge  |
| November  | Diabetes challenge   |
| December  |  <b>IPTBW Challenge: BeWell — Prep for the New Year's Celebrations</b><br>December 1–15<br><ul style="list-style-type: none"> <li>Visit the <a href="#">MoDOT and MSHP Total Wellness page</a> or scan this code to register:</li> <li>Walk at least 10,000 steps per day and log your progress.</li> </ul>  |

## Have fun all year while building healthy habits

If you have questions about the monthly challenges, please reach out to your Wellness Champion. To find contact information for your Wellness Champion, visit the [Total Health & Wellness website](#), then select **Wellness Champions list by district/troop**.