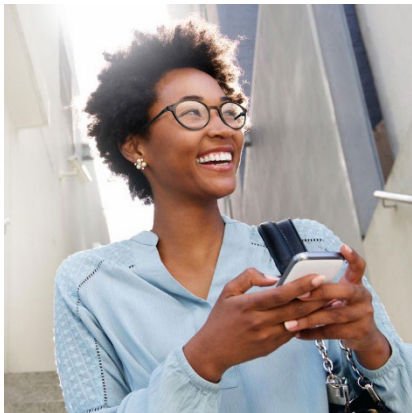




It pays to
be well

January 2024



Join the hunt to learn more about your 2024 benefits

MoDOT's partnership with Anthem brings you resources and programs to help you be healthy. This month, we've designed a virtual scavenger hunt to give you a tour of your 2024 benefits in a fun, interactive way.

The **2024 Health and Wellness Virtual Scavenger Hunt** has eight questions that feature programs available to Anthem-enrolled workers in 2024. Each question comes with a hint to

guide you to the answer. All scavenger hunt participants will be entered into a drawing for one of five fitness devices.

The scavenger hunt is open all month. Complete the scavenger hunt questions using the link below by January 31, 2024, at 5 p.m. Central to be eligible for prizes. Winners will be drawn on Friday, February 2.

[Join the scavenger hunt today](#)

If you have questions, please reach out to your Wellness Champion.



Take control of your health in 2024

MoDOT and Anthem have three ways to help you be healthier in the new year.

1. Health risk assessment

This quick questionnaire can help you see where you can make changes for a healthier lifestyle. Plus, completing your health risk assessment unlocks your 2024 It Pays to Be Well rewards. You can earn rewards all year and redeem them for gift cards to places such as Amazon.

To complete your health risk assessment, log in to the SydneySM Health app > My Health Dashboard > My Rewards.

Don't forget: All 2023 rewards must be redeemed by March 31, 2024.

2. Wondr Health

Our weight management program teaches healthy eating habits while leaving room for the foods you like to reach your weight goals.

You can register for our next Wondr Health class starting on January 22, 2024. Class starts Monday, February 12. [Join the waitlist](#) now so you don't forget!

3. Walker Tracker Challenge

The first Walker Tracker Challenge of 2024 runs throughout February. This challenge will take place during Heart Health Month and focus on the benefits walking can have on your heart.

[Join the challenge today.](#)



Tips to keep your New Year's resolutions

Every year, we make New Year's resolutions with the best of intentions, but most people end up abandoning their efforts by mid-February.*

In a recent Ted Talk, author and podcaster Gretchen Rubin gave insight into habits and how to set ourselves up for success:

- **Look at who surrounds you** — If you want to begin eating healthier, be around people who eat healthier.
- **Don't break the chain** — Focus on consistency.
- **Determination day** — Set a day to reevaluate how your process is working. Your goal doesn't change, but your approach can if you aren't getting the results you want.

To hear the full conversation, listen to [Gretchen's Ted Talk](#).