

# It pays to be well

MoDOT & MSHP's monthly  
wellness newsletter



## Focus on your well-being in 2023 and earn rewards

The Wellbeing Solutions program connects you with easy-to-use digital health and wellness tools that can help you stay at your best.

When you complete and track activities, you'll earn rewards to put towards gift cards for select retailers. The more activities you complete, the greater your reward.

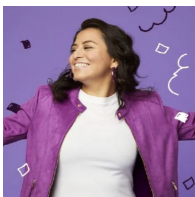
[Start today.](#)



## First 2023 Walker Tracker challenge starts January 9

Join the Peace and Quiet challenge.

[Join now](#)



## Registration for the next Wondr class starts January 9

Wondr is a weight loss program that is clinically proven to help you lose weight, sleep better, stress less, and so much more.

[Register now](#)



## Commit to yourself in 2023

We've all been taught from a young age to fit in regular exercise and maintain a healthy diet. You know it's good for both your body and your mind. When your day gets busy, it's easy to skip exercise or try find shortcuts to nutrition. But if you follow some tried-and-true basics, you can be on the path to looking and feeling your best in the new year.

Here are two ways to help make good health a priority in 2023:

[Know the facts about popular health fads](#)

[Keep exercise on your to-do list](#)



## Sydney Health moves your health forward

Sydney Health<sup>SM</sup> brings your information together in one convenient place, guiding you to better health and making it easier to find what you need.

Start using Sydney Health today!