

HEALTH CHAMPIONS

THE NEWS OF CHAMPIONS

November 2018



ADVICE FROM AN APPLE 🍏🍏🍏

BE WELL ROUNDED 🍏 LET YOUR PLANS RIPEN 🍏 HOLD ON TO CORE VALUES 🍏 SAVOR VARIETY 🍏 EAT HEALTHY 🍏 KNOW WHEN TO LET GO 🍏
TAKE A BITE OUT OF LIFE!

ANNUAL Health Champion CHRISTMAS CELEBRATION

NOVEMBER 30, 2018

11am – 2pm

RDV Sportsplex Ice Den

Lunch. Ice Skating. Games. Gifts and Prizes.

FUN! FUN! FUN!

PLEASE RSVP to Eventbrite by 11/19.

[Click HERE](#) to RSVP to our HC Christmas Party!

FUN! PRIZES!
GIFTS! FOOD!
ACTIVITIES!

YOU **DON'T**
WANT TO MISS
OUT!



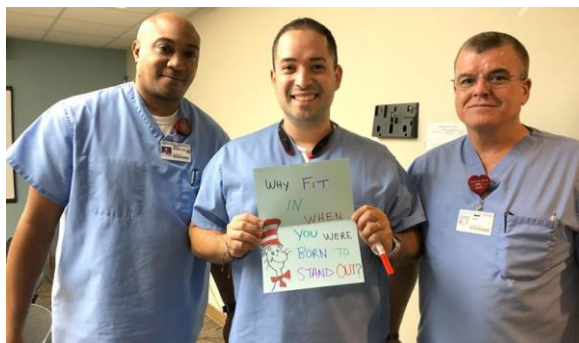
CULTURE OF HEALTH SURVEY

CREATION Health Employees want to know what you think about Florida Hospital's commitment to health and wellness. The results will help create an even better team member experience. Please take this survey and share the link with your team. Thank you.

[Take Survey Here](#)

creation®
HEALTH

A BIG, GIGANTIC THANK YOU TO ALL OF YOU WHO MADE CARDS FOR THE FOUNDATION FOR FOSTER CARE. IT'S AWESOME!!!



2018 Calendar

| Event | | Location | |
|-----------------|-----------|-----------------------------------|----------------------------------|
| November | | | |
| 11/8 | 9-10:30am | Health Champion Orientation | FHO CREATION Conference Room "D" |
| 11/19 | | RSVP Deadline: HC Christmas Party | |
| 11/22 | | Happy Thanksgiving | |
| 11/30 | | WebMD portal deadline | |
| 11/30 | 11am-2pm | HC Christmas Celebration | RDV Sportsplex and Ice Den |

Check Your Points! You have until November 30th.

Be proactive. Log into your WebMD account and check your points today! Missing 15 points from Part 1? Chances are you still need to do your online Health Assessment for this year. Missing 5-10 points from Part 1? That means you have some WebMD Health Coaching calls to make. You can reach a Health Coach at 1-888-321-1509. If you feel there are errors in your points, please reach out to anyone on the CREATION Health team. Reminder...If you do not have 50/50 points in Part 1, you will not receive any wellness incentive (money) in your paycheck in December even if you complete Part 2. **And please help your coworkers check their points too!**

