



Earn a FREE Breakfast (or two or three*) for your worksite!

**Each worksite reaching the goal is guaranteed at least one breakfast on us – more are possible depending on how many worksites reach the goal!*



ALL ECHIP WORKSITES CAN PARTICIPATE IN THIS CHALLENGE

Click [HERE](#) to take the HRA

GOAL: 50% HRA PARTICIPATION

How to earn a FREE Breakfast for your worksite:

1. Take the Be Well Health Risk Assessment & encourage your co-workers to take it, too. You do not need to be on the ECHIP insurance plan to take the Be Well HRA!
2. **Challenge ends on June 6th**. You can still take the HRA after June 6th, but it will not contribute to your worksite's participation rate for this challenge.
3. On June 7th, Be Well will run a **participation report**. Any worksite (school building, Town Hall, or major EASTCONN location) reaching 50% participation will receive a free breakfast the week of June 10th through the 14th.
4. If yours is the only ECHIP worksite reaching 50%, you will receive multiple days with breakfast on Be Well! (Delivered to your worksite)

Contact Be Well if you have questions or need assistance logging onto the Be Well HRA
be_well@ehhd.org 860-429-3325

About the Be Well Health Risk Assessment: One of the great things about our HRA is the individualized report that you receive. The other is that when the majority of your worksite participates in the assessment, Be Well has a valid group "snapshot" that can be used to make recommendations to your employer about future employee wellness initiatives.

The Be Well HRA is **CONFIDENTIAL**. At Be Well, **CONFIDENTIAL** means that no one sees any personal information you submit – not Be Well, not your employer, and not your insurance company. Be Well can only retrieve **group data** and the more that participate, the more reliable the data.