

Live Healthy!

2010 Seattle Archdiocese Lay Wellness Program

Don't forget to complete your Health Risk Assessment (HRA) before December 31, 2010 to have *2 chances* to win a Nintendo Wii console with Wii Fit Plus!*

*Those that complete an HRA between October 1 and December 31, 2010, will be eligible to participate in the first drawing in mid-January, 2011 *and* in the second drawing, to be held in mid-June, 2011.

Those who complete their HRA between January 1 and May 31, 2011 will be eligible for the second drawing, in mid-June, 2011.

For detailed instructions, visit www.Seattlearchbenefits.org

- Click on *Lay Employees*
- Then click on *Wellness*
- Follow the link to your medical plan
- Click on the HRA link on the right side of the screen

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