



THE 2016 HOME DEPOT HEALTHY STATE CHALLENGE

Challenge Runs: July 18 – August 28, 2016

WHAT IS THE HOME DEPOT HEALTH CHALLENGE?

The 2016 Challenge features activities and valuable tools to help you improve your health, feel better and have fun. Plus you could win individual and team prizes!* Associates and spouses/domestic partners who participate in the Challenge choose from a variety of activities in the **Move, Fuel** and **Balance** categories. It is possible to earn up to 3 points per day in the **Move, Fuel** and **Balance** categories. Three **bonus** points per week are also available, for a total of 144 possible points during the Challenge.



MOVE

Be physically active

- Incorporated 30 minutes or (2) 15-minute sessions of continuous physical activity into my day



FUEL

Make healthier food choices

- Drank 64 ounces of water,
- Chose whole grains instead of refined grains,
- Ate at least 3 servings of fruits and vegetables, and
- Avoided oversized portions



BALANCE

Lower stress

- Took 15 minutes or more to do something that was calming or fun,
- Slept 7 hours or more, and
- Worked to reduce an unhealthy habit

Note: It is always important to consult your doctor before starting an exercise program.

HOW DO I JOIN THE CHALLENGE?

You can join **beginning July 13** by visiting hdhealthchallenge.com > **Sign Up**. Please have your Home Depot Associate ID available for registration. Spouses/domestic partners can visit hdhealthchallenge.com to join also and will need 2 of the 3 following to sign up: Healthy Living ID, your spouse's Home Depot Associate ID, or your spouse's home ZIP Code on file with The Home Depot. The Challenge begins on July 18 and runs through August 28.

PARTICIPANTS WILL COMPETE BY WORK STATE AND THE HEALTHIEST STATE WILL WIN

New for 2016 – Participants will compete by work state and the healthiest state will win up to \$1,000 toward the Fun Funds of the locations in the state. To win, your work state must earn the highest average number of points per associate. See the Challenge Rules at hdhealthchallenge.com for details.

During the Challenge, view the leading states on the map on the home page at any time.

WEEKLY INDIVIDUAL WINNERS BY STATE

Each week, one winner from each work state will be selected to win a \$50 cash prize from those who have achieved the minimum number of required points for that week as follows:

PARTICIPANT

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Has recorded at least 10 total points	Has recorded at least 20 total points (during weeks 1-2)	Has recorded at least 30 total points (during weeks 1-3)	Has recorded at least 40 total points (during weeks 1-4)	Has recorded at least 50 total points (during weeks 1-5)	Has recorded at least 60 total points (during weeks 1-6)

Weekly winners will be displayed beginning on each Monday following the week of points entry. You can view the winners during the Challenge at any time by clicking on your state on the map on the Home page.

Join the Challenge at hdhealthchallenge.com beginning July 13!

* Challenge rules apply. For Challenges Rules, go to hdhealthchallenge.com

For help, call the Benefits Choice Center at 1-800-555-4954 Monday – Friday, 9 a.m. – 7 p.m. ET.



State Leaders



