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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.



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



- ☐ Drank 64 ounces of water.
- ☐ Chose whole grains instead of refined grains,
- ☐ Ate at least 3 servings of fruits and vegetables, and
- $\hfill\square$ Avoided oversized portions

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



- ☐ 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

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 hdb.number.com for details.

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

HOME DEPOT

State Leaders

OR ID WY SD MN WI MI PA NY OR CA NV UT CO KS MO KY VV VA DE MD DE MD AZ NM OK AR MS AL GA TX LAA SC DE MD DC MS MS AL GA

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		least 30 total points	Has recorded at least 40 total points (during weeks 1-4)	least 50 total points	least 60 total points

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.







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THE HOME DEPOT HEALTHY STATE CHALLENGE

The 2016 Home Depot Health Challenge: July 18 – August 28, 2016

WEEKLY THEMES FOR BONUS POINTS

Earn 3 points per week by completing the weekly bonus activity. Check for the weekly themes below and then earn 3 points by posting a positive comment or healthy photo on **Warehouse** related to the weekly theme with #MyHealth. Once you've completed the activity, click the check mark box under Bonus on the Track Points page to earn 3 points. To access Warehouse, visit **THDwarehouse.com** and log in with your myApron credentials. A mobile app is also available.

WEEK 1	i i	Show us how you're enjoying quality time with family, friends and pets.
WEEK 2	片	Show us how you're getting outside and enjoying nature this week.
WEEK 3	36	Show us how you're eating fruits and vegetables of a variety of colors this week. See the Healthy Living Cookbook to learn more and get ideas.
WEEK		Show us how you created a healthier sleep environment this week. Check out the Resource Toolbox to learn more.
WEEK 5		Show us the healthy snacks or lunches you're bringing to work this week. See the Healthy Living Cookbooks for tasty and healthy ideas from your fellow associates.
WEEK 6	Ê	Show us something new you're learning this week.

HOME DEPOT HEALTH CHALLENGE RESOURCES

HEALTH CHALLENGE WEBSITE/MOBILE SITE

hdhealthchallenge.com

- Join and enter your points
- Healthy living resources to support you during the Challenge





WELLNESS CHAMPION

Talk to your location Wellness Champion

ADD THE MOBILE CHALLENGE SITE TO YOUR SMARTPHONE ENTER POINTS FROM YOUR PHONE

From your iPhone, go to **hdhealthchallenge.com** and click the **Share** button on your phone and then click **Add to Home Screen**.

HAVE AN ANDROID PHONE?

Scan for tips on how to add to your home screen for Androids.



SIGN UP FOR CHALLENGE EMAILS

While you're joining, provide your personal email address if you would like to receive reminders and helpful tips throughout the Challenge.

La página web del reto está disponible en español. Al seleccionar "Español" en la parte superior de la página livetheorangelife.com, se podrá ver la página en español. Si los asociados seleccionan "Español" al registrarse, no podrán cambiar al inglés en el futuro.





