



2024 **HEALTH CHALLENGE** JULY 15 - AUGUST 25



**REGISTRATION
BEGINS JULY 8**

Learn more at
hdhealthchallenge.com



TAKING CARE OF OUR PEOPLE

The Home Depot is committed to living our values and taking care of our people by offering valuable wellness tools and programs to help associates and their family improve their health year-round. Wishing you much success on your flight plan to better health!

HOW TO JOIN THE CHALLENGE

All U.S. associates and their spouses are eligible to participate and can join at any time during the Challenge.* Visit hdhealthchallenge.com starting July 8 to sign up.

ASSOCIATES

All you need to sign up is:

- 1 YOUR ASSOCIATE ID #
- 2 YOUR HOME ZIP CODE

SPOUSES

You will need 2 of the following 3 items to sign up:

- 1 YOUR SPOUSE'S HOME DEPOT ASSOCIATE ID #
- 2 YOUR SPOUSE'S HOME ZIP CODE ON FILE WITH HOME DEPOT
- 3 YOUR HEALTHY LIVING ID # (if participating in the Healthy Living Program Discount)**

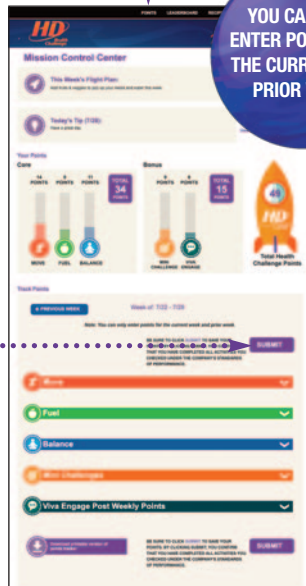


During registration, you'll create your personal username and password by selecting **Sign Up**. You'll use this username and password to enter and submit your points throughout the Challenge. If you have any issues signing up, please verify that you are entering the information exactly as requested. If you still have trouble, contact the Benefits Choice Center at **800-555-4954**:

- Monday - Friday, 9 am - 9 pm ET
- Saturday, 11 am - 3 pm ET

TRACK POINTS

Once logged onto the Challenge website, click on **Points**. Here, you can track your points by adding a check mark for each day of the week in which you completed all of the items in the category. Then click **Submit** to save your points. Don't forget to hit Submit! Note that points can only be entered for the current and prior week. Be sure to enter your points each week!



* For complete Challenge rules, visit hdhealthchallenge.com.

** Visit livetheorangelife.com/healthylivingid for step-by-step instructions to find your Healthy Living ID.

EARN
AN OVERALL
TOTAL OF
31 POINTS
PER WEEK

HOW TO EARN POINTS

CORE POINTS — 21 points per week

Earn up to 1 point a day in the Move, Fuel and Balance categories for a total of 3 points a day.



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 (2 liters) 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**

BONUS POINTS — 10 points per week



MINI CHALLENGES

By participating in 1 or more of the mini challenges (Plank, Sugar, Happiness, Salt & Mental Health), you can earn 1 bonus point per day.



VIVA ENGAGE POST WEEKLY BONUS

Earn 3 points per week by posting how you are participating in that week's theme (watch your email or SMS for the weekly themes) using #HC2024 on Viva Engage.

HOW TO COMPETE

You can compete individually or as a part of a team for bragging rights. View your points and your team rankings, along with teams you are competing against, on the **Leaderboard**. Spouses are not included in the team point totals.

Teams compete as follows based on the highest number of average points by team:

- Top Store per district (includes MET)
- Top Supply Chain location per region
- Top 2 teams within the Contact Centers
- Top team within the Outside Sales and Services and Equipment Services organizations
- Top 2 teams within the Store Support Center





2024 HEALTH CHALLENGE

We are excited to welcome back the Home Depot Health Challenge. This year's Challenge marks our 11th year of Moving, Fueling and Balancing our way to better health. Take a few minutes to review this guide for details on how to participate in this year's Challenge.

The Challenge is a free, fun way to learn healthy habits and work toward better health. Participate individually or join your fellow associates and participate as a team. Choose from a variety of activities in the Move, Fuel and Balance categories to earn points. The more points earned, the closer you can be to better health.

KEY DATES

Site opens for registration: July 8

Challenge starts: July 15

Challenge ends: August 25

Last day to enter points: September 1

- Participation in the Health Challenge is completely voluntary. Consult your doctor before starting an exercise program.
- For associates and spouses enrolled in a Home Depot Medical Plan and participating in the Challenge to complete a Healthy Living Checklist item: If you are unable to participate in any of the health-related Challenge activities and you need a reasonable accommodation, please contact the Benefits Choice Center at 800-555-4954:
 - Monday - Friday, 9 am - 9 pm ET
 - Saturday, 11 am - 3 pm ET
- The Home Depot and its agents are not responsible for late or for any incorrect or inaccurate information, whether caused by any technical or human error, which may occur in the points submitted.
- The Home Depot expects participants to comply with the Company's Standards of Performance. Any false statement/entry may result in your exclusion from the Challenge and may result in discipline under the Standards of Performance, up to and including termination of employment.