



# 2024 *HEALTH CHALLENGE TOOLKIT*

**JULY 15 - AUGUST 25**

**REGISTRATION BEGINS JULY 8**



**Learn more at [hdhealthchallenge.com](https://hdhealthchallenge.com)**



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- 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.

# OVERVIEW

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

We need your help getting associates you support involved and excited about participating.\* There are a number of ways to encourage associates to participate and keep those participating engaged – here are just a few:

- Organize healthy meals and/or snacks to be shared at your location.
- Get a team together and participate in a local Team Depot event or a local walk/run.
- Post pictures each week for the Viva Engage Post Weekly Bonus.
- Participate in one or all of the Mini Challenges.
- Challenge a fellow associate or a different team.
- Promote benefits offered in the Move, Fuel and Balance categories.

For example, in the Balance category, Carelon Wellbeing is a free, confidential resource providing support and/or guidance in a number of areas. All associates, spouses, children of associates and household members have free and confidential access to 6 sessions per situation per year.




## 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!

\* Reminder to always follow Home Depot policy/guidance in your location.

## KEY DATES

In the chart below, you will find key dates and action items to help get everyone involved:

DATE(S)	DESCRIPTION	ACTION
Week of June 24	Health Challenge Communications Kit (including Toolkit, Adhesive Posters, Guides)	 <p>Locate the Kit and follow the actions below</p>
June 26 1 pm – 2:30 pm ET	Benefits & Health Management HR Field Call	<p>Join the call to learn more about this year's Health Challenge and how to support participating associates:</p> <ul style="list-style-type: none"> <li>• <a href="https://thd.co/BHMJuneCall">https://thd.co/BHMJuneCall</a></li> </ul>
Week of June 24	Communication Kit Contents	<ul style="list-style-type: none"> <li>• Display adhesive posters in your location</li> <li>• Distribute guides to associates</li> </ul> 
July 8	Registration	<ul style="list-style-type: none"> <li>• Encourage associates to register and prepare for the Challenge</li> <li>• Know that an email and/or SMS including information about the Challenge will be sent to associates weekly throughout the Challenge</li> </ul>
July 15 - August 25	Challenge is on	<ul style="list-style-type: none"> <li>• Encourage associates to participate at any time throughout the Challenge</li> <li>• Each week, log onto the Challenge website to see how your team is performing and update your associates on your team's current position</li> </ul>
September 1	Last day to enter points. No exceptions to point entry will be made after this day	<ul style="list-style-type: none"> <li>• Remind associates to enter their points by this date</li> <li>• Remove the adhesive poster in your location</li> </ul>

For more information, visit [hdhealthchallenge.com](https://hdhealthchallenge.com)



## 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](http://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:

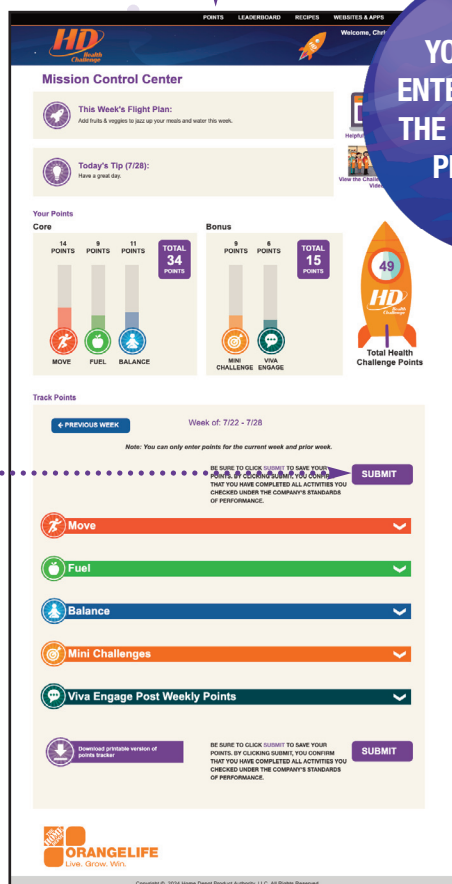
- 1 YOUR SPOUSE'S HOME DEPOT ASSOCIATE ID #
- 2 YOUR SPOUSE'S HOME ZIP CODE ON FILE WITH HOME DEPOT
- 3 YOUR HEALTHY LIVING ID # (if participating in the Healthy Living Program Discount)\*\*

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](http://hdhealthchallenge.com).

\*\* Visit [livetheorangelife.com/healthylivingid](http://livetheorangelife.com/healthylivingid) for step-by-step instructions to find your Healthy Living ID.

## 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.

EARN  
AN OVERALL  
TOTAL OF  
31 POINTS  
PER WEEK



#### 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











Join at [hdhealthchallenge.com](http://hdhealthchallenge.com)

