



# REGISTER FOR THE FALL WELLNESS CHALLENGE: YO HO HO

REGISTER September 17 to October 8 | PARTICIPATE October 1-28, 2018

Want to go on an exciting pirate excursion to help you feel your best? Then today's the day to get on board.

In *Yo Ho Ho*, you'll record **exercise minutes or steps, plus gratitude, mindful eating and a Daily Quest activity**, earning coins and artifacts as you build well-being habits that last long after your swashbuckling journey is over.

Once you sign up, why not grab 3-4 pals and create a team? This friendly competition is a great way to stay motivated and focused.

*Yo Ho Ho* is open to all UT System employees, retirees, spouses, and dependents age 18 and above who are covered by the UT SELECT and UT CONNECT Medical Plans. Questions? Reach out to the *Yo Ho Ho* support team: <https://utlivingwell.com/#/contact>.

\*Those who are unable to meet the challenge requirements due to medical constraints may request an alternative challenge completion requirement. Please contact us at [livingwell@utsystem.edu](mailto:livingwell@utsystem.edu).

*Your adventure awaits!*

Help your UT institution win the traveling trophy by registering for *Yo Ho Ho* at [www.utlivingwell.com](http://www.utlivingwell.com)



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