



Check out Change4Life[®]



+ win great prizes!

So many ways to earn points

- Complete a Learn & Earn module
- Try the Mindfulness Program
- Add a wearable and track your steps
- Set a goal!
- Complete your Health Risk Assessment

How to win...

Use the points you earn to buy "ballots" for the monthly draw for a chance to win a reward. Plus, participate in the challenges and bonus draws.

Visit Change4Life often

Content on the portal is updated monthly. Quarterly challenges and bonus draws will keep you busy and will maximize your chances to win. Log in to Change4Life to learn how.



New to Change4Life?

There's never been a better time to get started!
Access Change4Life[®] by logging into your online account.