



Take the challenge!

Complete your HRA in Change4Life® for a chance to win!

How to participate

Complete your health risk assessment (HRA) on Change4Life between October 1 and December 31, and you'll automatically be entered in the draw to win one of eight \$200 gift card prize packs. Plus, you'll earn points to bid on gift cards in the reward store - giving you even more chances to win.

Earn

1,000 bonus points

Complete your health risk assessment (HRA) before December 31. Don't wait, complete your HRA today.

Even more ways to win

\$500 gift card

Points Challenge

Earn **2,500 points** to receive an automatic entry for your chance to win. You can collect **1,000 bonus points** just for completing your Health Risk Assessment!

\$50 gift card

Share Your Wins

We want to hear your health journey success stories! Tell us about your achievements on the Spotlight page for your chance to win.



Change is coming and the Change4Life Reward Store will close December 17, 2024. Use any and all points to make your bids in our last draw.

All 2024 rewards must be redeemed by January 14, 2025 in the Reward Store.

greenshield.ca



* GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration businesses, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid, Honeybee, BCH Consultants and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.