



## REEP Wellness in February

The REEP Wellness program is available to Anthem Blue Cross and Kaiser Permanente medical plan members to support you in your journey to health. We encourage you to check out the REEP Wellness offerings available for February, open to all REEP members.

### Renew Online Wellness Challenge

- **Registration: February 13 – 28**
- **Challenge Start/End: February 20 – April 2**
- Register [here](#), and then download the 'Renew' mobile app
- Renew is an online wellness challenge to reinvigorate your mind and body, clarify purpose, and strengthen relationships. It offers strategies for all aspects of well-being – physical, mental, social, and emotional. In this 6-week program, your goal is to complete 6 scenes by logging 1 activity/5 days a week.
- *When you earn 6 scenes, you will be entered for a chance to win a \$50 Amazon e-gift card, as well as chances to win rewards as a Duo or the highest percentage of district participants.*

### Anxious to Calm Webinar Series from Kaiser Permanente

- **Various date and time options available during February**
- Access [here](#)
- The Anxious to Calm webinar series is available live or on demand to help you better understand how to cope with anxiety, create healthier thinking, manage anxiety, as well as a series for teens.

### Creating Positive Work Environments Webinar from Anthem Employee Assistance Program (EAP)

- **Thursday, February 16 | 4:30-5:30pm PT**
- Register [here](#)
- Focus on fostering a positive work environment by building trust, creating positive communication, setting expectations and needs, creative ideas for recognition and rewards, building teamwork, finding meaning in your work, and accepting responsibility and humor in the workplace.
- *When you attend the webinar, you will be entered into a drawing for a \$50 Amazon e-gift card!*

