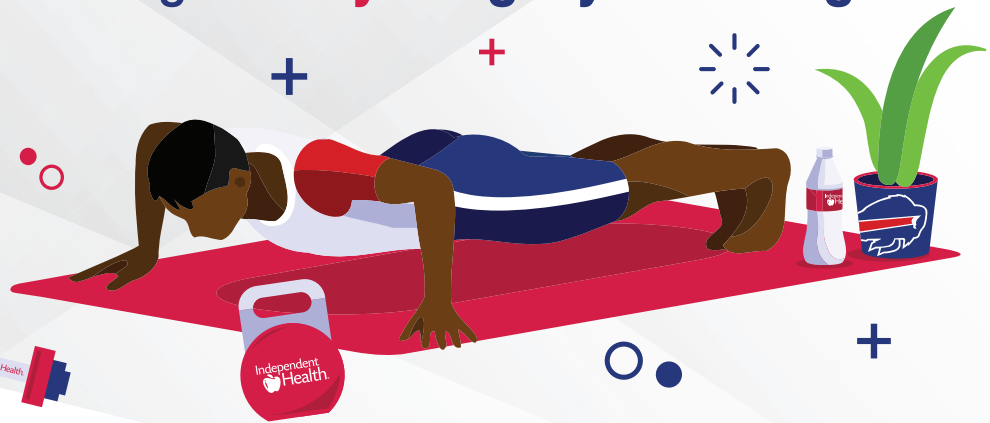


HEALTH & WELLNESS CHALLENGE



Independent Health

Getting healthy can get you in the game.



MONDAY, OCTOBER 24 — SUNDAY, DECEMBER 4

Join the Independent Health and Buffalo Bills Health & Wellness Challenge now hosted by Wellable, and we'll give you extra incentives for living a healthier lifestyle! The Challenge is a six-week program designed to encourage a healthy lifestyle and improve your overall well-being. Here's how it works:

GET HEALTHY.

There are three ways to earn points:

1. Sync a fitness tracker or health and wellness app to automatically earn points for your **physical activity**.
2. Choose up to three **daily challenges**, like drinking eight glasses of water or eating five servings of fruits and veggies.
3. Complete the **special activity**, with new featured topics each week.



GET POINTS.

- Physical Activity — Points vary based on your movement (1,500 daily maximum)
- Daily Challenges — 25 points each (maximum of three per day)
- Special Activity — 25 points each day

JOIN NOW! VISIT
BUFFALOBILLS.COM/THECHALLENGE

GET PRIZES!

The more you do, the more points you'll earn, and the greater your chance to win great prizes during the Challenge, including:

- Autographed Bills Memorabilia
- BOSE Wireless Earbuds
- Fitness Trackers
- Digital Air Fryers
- Juicers
- Gift Cards
- **GRAND PRIZE PACKAGE:** Four tickets and parking pass to a Buffalo Bills home game, an autographed Bills helmet, prize packs from the Bills and Independent Health, and a \$1,000 Visa gift card!



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Guidelines: The number of points you earn throughout the Challenge will determine the number of entries you have in the drawing. Participants must be at least 18 years old to win. You do not need to be an Independent Health member to participate. Visit the website for official rules.

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Official Health and Wellness Partner