Happy New Year XXXX Employees!

The New Year is a time we look at our lives and behavior and set goals for the future. As you contemplate your goals I hope you will consider using one of the resources available to support you and your well-being.

Here are some great opportunities:

* Participate in the 2023 Get Fit Texas Challenge! Register and learn more through the [Get Fit Texas Challenge Website](https://getfittexas.org/login). Registration opens on January 16th. Remove if you are not participating and add incentive info if you are offering it.
* Learn about the science of habits through this month’s ERS Wellness webinar: [1° of Difference: Tiny Habits Make a BIG Impact](https://register.gotowebinar.com/register/5457066852103787355)
* If you are a HealthSelect participant, register for one of two weight management programs available to you to learn simple strategies to improve your health. Learn more and apply: [Wondr Health](https://enroll.wondrhealth.com/start?s=HealthSelect) or [Real Appeal](https://realappeal.com/healthselect?utm_source=referral&utm_medium=print&utm_campaign=healthselect).
* Complete [your Online Health Assessment](https://healthselect.bcbstx.com/health-and-wellness-incentives/well-ontarget) through Well onTarget. Earn 2,500 Blue Points and access dozens of trackers and online courses to kick off your 2023 wellness journey.
* Join our Virtual Fitness community! Each week, instructors from various agencies and higher education institutions bring you live fitness classes over Zoom through the [Virtual Fitness Calendar.](http://www.wellness.texas.gov/Challenge.htm)
* Schedule your annual exam. If it has been more than a year since your last annual check-up, now is a great time to take this important step! Earn 8 hours of leave for completing your annual exam and online Health Assessment! – remove if you don’t offer this incentive. Add a link to the form/resources.
* Register for an upcoming [wellness event](https://www.ers.texas.gov/Event-Calendars/Wellness-Events), or listen to one of our recordings from the [ERS wellness archives](https://www.gotostage.com/channel/ers-wellness) on a topic that you are most interested in.
* Go for a walk or do something good for your health as you listen to the [ERS Walk & Talk Podcast](https://erswalkandtalk.buzzsprout.com/).
* Join the [Fitness Program](https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program). The Fitness Program is a flexible membership program that gives you and your covered dependents (age 16 and older) unlimited access to a nationwide network of facilities, from gyms and sports facilities to specialty fitness studios, including access to digital fitness videos and live classes. The digital-only option lets you stay active from the comfort of your own home.Use the code **GETFIT2023** for waived enrollment from Jan 23 - April 2, 2023

Wishing you a happy & healthy New Year,

Your wellness coordinator