

StressLESS Challenge

Stress is a normal part of life, but if it's not handled in a healthy way, it can be harmful to your physical, emotional and mental health.

Reducing stress can help you feel healthier and happier.

Join the Stress**LESS** Challenge! Starting on October 18 and for the next 28 days, challenge yourself to find 5 minutes each day to focus on you.



Registration Starts
October
6

Follow these steps to start living a Stress**LESS** life.

1 Log in

Log in to your My Security Health Plan account at www.securityhealth.org. If you do not have an account, click **“Register.”**

2 Go to WebMD

Click on **“WebMD Home”** under **“Health and Wellness.”**

3 Sign up & Track

Click on **“My Health”** and select the card that says **“Stress**Less**”** challenge.

If you have questions, please contact Customer Service and ask to speak with a health coach at 1-800-472-2363. If you're hearing or speech impaired, please call TTY 711. Our office hours are Monday through Friday 8 a.m. - 5 p.m.

SecurityHealth PlanSM

Promises kept, plain and simple.[®]