



WELLPATH'S HBC WEEK ONE



WELCOME TO WEEK ONE OF THE HEALTHY BACK CHALLENGE (HBC). ONE OF THE BEST WAYS TO LEARN ABOUT THE CHALLENGE IS TO ATTEND **ONE** OF THE THREE LUNCH AND LEARN SESSIONS OF WEEK ONE. THE FIRST TWO OPPORTUNITIES ARE ONLINE ONLY:

INTRODUCTION, ASSESSMENT & PLAN FOR THE HBC

MONDAY, AUGUST 13TH AT **11AM** ([CLICK HERE TO REGISTER](#))

MONDAY AUGUST 13TH AT **12PM** ([CLICK HERE TO REGISTER](#))

THE LAST OPPORTUNITY TO ATTEND THIS SESSION IS ON THURSDAY, AUGUST 16TH AND THIS IS THE ONLY OPTION TO ATTEND IN-PERSON:

INTRODUCTION, ASSESSMENT & PLAN FOR THE HBC

THURSDAY, AUGUST 16TH AT 11AM

TWO WATERS A109 OR ONLINE.

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO REGISTER TO ATTEND AT TWO WATERS A109

REMEMBER THAT THE LUNCH AND LEARN SESSIONS ARE OPTIONAL AND ENDORSED SEPARATELY OF THE HBC FOR 15 POINTS EACH. THE LUNCH AND LEARN SESSIONS ARE OPEN TO EVERYONE WHETHER THEY ARE PARTICIPATING IN THE CHALLENGE OR NOT.

THE WAY THE HBC WORKS IS **EACH WEEK** YOU HAVE:

- ONE OR TWO ACTIVITIES TO COMPLETE
- ONE OR TWO QUIZZES TO TAKE
- STARTING IN WEEK TWO, EACH WEEK YOU BEGIN BUILDING YOUR EXERCISE PLAN
- ONE OPTIONAL LUNCH AND LEARN SESSION.

WEEK ONE ACTIVITIES:

THE **FIRST ACTIVITY** IS TO [COMPLETE THE PRE-TEST ONLINE](#). THE PRETEST IS JUST A SET OF GENERAL KNOWLEDGE QUESTIONS THAT HELP US TO UNDERSTAND YOUR NEEDS FOR THE HBC AS WELL AS MEASURE THE EFFECTIVENESS OF THE HBC AT REACHING THE DESIRED OUTCOMES.

THE PRETEST IS AVAILABLE FOR EVERYONE BEGINNING MONDAY, AUGUST 13TH AND SHOULD BE COMPLETED BY THE END OF WEEK ONE, SUNDAY, AUGUST 19TH. [CLICK HERE](#) TO TAKE THE PRE-TEST.

IF YOU COMPLETE THE HBC SUCCESSFULLY YOU EARN 50 WELLPATH POINTS. SUCCESSFUL COMPLETION MEANS THAT DURING THE CHALLENGE YOU COMPLETE THE PRE-TEST (IN THE FIRST WEEK), THE POST-TEST (IN THE LAST WEEK) AND A FINAL EVALUATION OF THE HBC. THAT'S IT! NO HAVING TO COLLECT SIMPLE EVIDENCE AND REPORT THROUGH YOUR MYWELLPATH ACCOUNT. SO EASY!

THE **SECOND ACTIVITY** IS TO REVIEW THE SELF-ASSESSMENT OF YOUR BACK HEALTH. YOU CAN FIND THE MATERIALS IN THE "ASSESSMENT" SECTION OF WWW.WELLPATH.INFO/CHALLENGES.

WE STRONGLY RECOMMEND THAT YOU DO A BACK ASSESSMENT EARLY IN THE HBC AND THEN CONTINUE TO ASSESS YOUR BACK HEALTH PERIODICALLY. **YOU ACTUALLY HAVE THREE CHOICES:**

- 1) DO THE BACK ASSESSMENT AFTER REVIEWING THE MATERIALS THIS WEEK. WE ARE AVAILABLE IN TWO WATERS A109 TO ANSWER QUESTIONS AND HELP YOU WITH THE ASSESSMENTS AT THE FOLLOWING DAYS/TIMES:

TUESDAY, AUGUST 14TH FROM 11 AM TO 2 PM

WEDNESDAY, AUGUST 15TH FROM 10:30AM – 1 PM

FRIDAY, AUGUST 17TH FROM 10:30AM – 1 PM.

NOTE: THESE SESSIONS WILL NOT HAVE ALL THE EQUIPMENT NECESSARY TO COMPLETE THE ENTIRE ASSESSMENT. WE HOPE THE OPPORTUNITY TO DISCUSS AND DEMONSTRATE WILL HELP ALL PARTICIPANTS COMPLETE THE SELF-ASSESSMENT IF THEY CHOOSE TO DO SO.

- 2) YOU CAN CHOOSE TO DO THE JOINTSTRONGTM ASSESSMENT IN WEEK TWO INSTEAD OF THE SELF-ASSESSMENT IN WEEK 1. THIS ASSESSMENT IS CONDUCTED BY THE HEALTHCARE PROVIDERS OF INTEGRATED

MUSCULOSKELETAL CARE. THERE WILL BE MORE INFORMATION ABOUT THIS ASSESSMENT IN THE WEEK 2 INFORMATION OF THE HBC. THE JOINTSTRONG™ ASSESSMENT CAN BE DONE USING THEIR MOBILE APP AS WELL. VISIT WWW.WELLPATH.INFO/IMC FOR MORE INFORMATION.

- 3) YOU CAN CHOOSE TO DO **BOTH** THE SELF-ASSESSMENT AND THE JOINTSTRONG™ ASSESSMENT OF WEEK TWO.

SO TO RECAP, THERE ARE TWO ACTIVITIES FOR WEEK ONE OF THE HBC:

- 1) COMPLETE THE PRE-TEST ONLINE
- 2) REVIEW THE SELF-ASSESSMENT RESOURCES AND CONSIDER USING IT TO ASSESS YOUR BACK HEALTH &/OR ASSESS YOUR BACK HEALTH IN WEEK TWO (SEE THE "ASSESSMENTS SECTION OF WWW.WELLPATH.INFO/CHALLENGES FOR MORE INFORMATION).

WEEK ONE QUIZ:

THE QUIZ FOR WEEK ONE IS ENTITLED: **PREVENTION Vs. TREATMENT**. YOU WILL RECEIVE A LINK FOR THE QUIZ IN THE E-MAIL THAT YOU WILL RECEIVE IN WEEK ONE AND THE LINK WILL BE AVAILABLE AT WWW.WELLPATH.INFO/CHALLENGES.

YOU DON'T HAVE TO WORRY ABOUT HOW YOU DO ON THE QUIZ, JUST THAT YOU COMPLETE THE QUIZ EACH WEEK. IT WILL ONLY TAKE A FEW MINUTES. QUIZZES CAN BE FUN AND EDUCATIONAL – YOU'LL SEE.

WEEK ONE LUNCH & LEARN SESSION:

THIS WEEK'S LUNCH AND LEARN SESSION IS OFFERED 3-TIMES! THAT'S RIGHT 3-TIMES: ONCE IN-PERSON AND 3-TIMES ONLINE.

THE LUNCH AND LEARN HAS A VERY CATCHY TITLE:

INTRODUCTION TO THE HEALTHY BACK CHALLENGE (HBC), ASSESSMENTS AND PLAN.

ONLINE ONLY:

MONDAY, AUGUST 13TH AT 11 AM ([CLICK HERE TO REGISTER](#))

MONDAY AUGUST 13TH AT 12 PM ([CLICK HERE TO REGISTER](#))

IN-PERSON IN TWO WATERS A109 **AND** ONLINE:

THURSDAY, AUGUST 16TH AT 11AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO REGISTER TO ATTEND AT TWO WATERS A109

THIS LUNCH AND LEARN WILL EXPLAIN THE HBC IN DETAIL, ANSWER ALL YOUR QUESTIONS. ALL THE ASSESSMENTS AVAILABLE DURING THE HBC WILL BE REVIEWED AND RESOURCES FOR BACK HEALTH WILL BE SHARED.

ALL THE LUNCH & LEARN SESSIONS FOR THE HBC ARE OPTIONAL AND ENDORSED SEPARATELY FOR 15 WELLPATH POINTS.

SO THAT'S A JAM PACKED FIRST WEEK OF *8-WEEKS TO A BETTER BACK*.

QUESTIONS? WELLNESS@SRPMIC-NSN.GOV

DON'T FORGET TO CHECK IN AT WWW.WELLPATH.INFO/CHALLENGES OFTEN.