

How to Claim your Reward for Completing the Mindfulness Challenge

To receive credit and a \$25 gift card reward for completing the Mindfulness Challenge, please:

1. Make sure that you have:
 - a. Checked the box at the bottom of each week's page on the Mindfulness Challenge website that says: "I have completed Week # of the Mindfulness Challenge."
 - b. Completed the brief survey that came up after you completed all 4 weeks of the Challenge
2. [Log in](#) to the Mindfulness Challenge website using any Web browser **except Firefox**.
3. Click on "Mindfulness Certificate" in the lower right corner. See highlighted section below to help you find your certificate.



Week 1
Foundation
March 19

Learn what mindfulness is, what it isn't, and how to get started.



Week 2
Physical
March 26

Listen to your body so you can take better care of yourself.



Week 3
Emotional
April 2

Work with your emotions and build resilience.



Week 4
Social
April 9

Strengthen connections with others at work and in life.

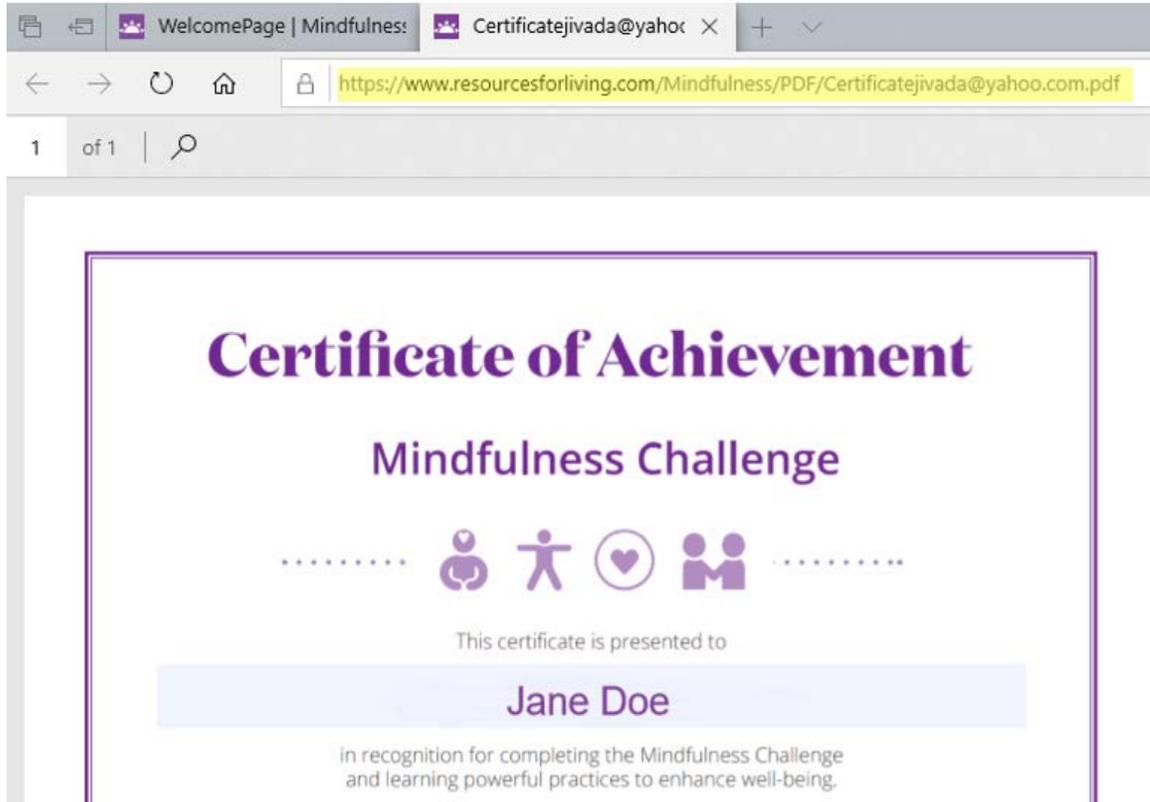


Mindfulness Resources



Mindfulness Certificate

- Select the entire Web address (URL) of the page that comes up in your Web browser. See the highlighted section at the top of the next page to find it. (*Note: the URL of your certificate is unique to you, so it will be different than the one in the example below.*)



- Copy the Web address (URL) of your completion certificate.
- Navigate to the [Mindfulness Challenge completion form](#) in the Hoos Well Portal.
- Paste this URL into the box next to “Copy and paste in the completion certificate Web address.”
- Check the box next to “Yes, I confirm that I completed the Mindfulness Challenge.”
- Enter the date you completed the Mindfulness Challenge.
- Click the “Submit” button.

Questions?

- For questions about gift card rewards and redemption, contact Redbrick Health at 833-724-8638.
- For questions about the Mindfulness Challenge, [contact Resources for Living](#).
- For other questions, contact Hoos Well at hooswell@virginia.edu or 434.243.3344.

Note: All information is subject to validation and audit from RedBrick Health and/or the UVA Hoos Well Program.