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.
4. 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).*

5. Copy the Web address (URL) of your completion certificate.


7. Paste this URL into the box next to “Copy and paste in the completion certificate Web address.”

8. Check the box next to “Yes, I confirm that I completed the Mindfulness Challenge.”

9. Enter the date you completed the Mindfulness Challenge.

10. 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.*