



**western
health**



SIG Wellness

2025 Schools Insurance Group

Lookin' Good in Your Healthy Selfies

SIG is teaming up with Western Health Advantage (WHA) for an exciting contest to encourage SIG district employees to share your **"Healthy Selfies"** that show how you and your family stay healthy.

Running April 2 – April 29, SIG invites employees to take selfies on their smartphone and post them to mywha.org/selfie. In doing so, you are automatically entered in a weekly random drawing for a \$25 gift card to a local retailer. You don't have to be a WHA member to enter.

Each week, there are themes to your photo Selfies.

Here's what to do:



Step 1: Take Your Healthy Selfie

Whether you click it yourself or have someone snap it for you, be sure to capture one (or more) of the following Healthy Selfie categories:

Week 1 (April 2 – 8): Move It! – Your Favorite Healthy Activity or Exercise

Week 2 (April 9 – 15): Munch Better – Your Favorite Healthy Meal or Snack

Week 3 (April 16 – 22): Nature ROCKS! – Your Favorite Outing or Adventure in Nature

Week 4 (April 23 – 29): Chill Out – Your Favorite Healthy Way to Relax



Step 2: Post Your Selfie

Visit mywha.org/selfie to upload your selfie. Don't forget to read the rules and agree to the photo release. Photo(s) for each week's theme must be submitted by Friday at 5p.m. When you post your selfie, you are automatically entered into the random drawing for a \$25 weekly gift card.

Step 3: Check if You're a Healthy Selfie Winner!

Weekly gift card winners will be posted Monday by 5p.m.

A Healthy Selfie grand prize winner will be awarded for each category at the end of the program. Winners will have their choice of \$50 gift card to local retailers, such as Dick's Sporting Goods, REI and more! All photos must be submitted no later than 5p.m. on April 29, 2025 to be eligible for a grand prize. An employee can only be awarded one grand prize. Grand prize drawing will be announced by 5p.m. on April 30, 2025.

See official rules on mywha.org/selfie. All photos must adhere to social media privacy policy from WHA/SIG. This is a voluntary activity. Be safe and have fun!

If you have questions, email a.lowe@westernhealth.com.

