



## Firm-sponsored Challenge – Go for Goal

The Go for Goal wellness challenge starts Monday, May 13, 2019 and runs through Sunday, May 26, 2019. This individual challenge is part of our wellness program which was designed to help associates make health and wellness a focus throughout the year. Investing in your health and wellness enables you to enjoy life, contribute to those things we are passionate about and be the best version of ourselves for our family and clients.

### Participation

This challenge is available to all associates regardless of their enrollment in the Edward Jones medical plan and participation is **completely voluntary**. Spouses and domestic partners of associates who are enrolled in the Edward Jones medical plan may also participate. This is an individual challenge; there are no teams for this challenge and you do not need to register.

The Go for Goal challenge can be accessed by going to the Challenges section in your Virgin Pulse account and/or in the mobile app.

### Challenge Period

The Go for Goal challenge starts Monday, May 13 at 12:00 am ET and runs through Sunday, May 26 at 11:59 pm ET. You will have until Tuesday, May 28, 2019 at 11:59 EST to answer the healthy habit question for any of the 12 calendar days leading up to the last day of the challenge – May 26.

### Challenge Details

This individual challenge requires you to complete a personal well-being activity (Ex. exploring healthy recipes, going for a walk, tracking calories, completing a workout, taking the stairs, or any other wellbeing Healthy Habit), at least 10 out of 14 days and confirm the activity has been completed by answering "Yes" to the following question each day:

***Did you complete a well-being activity today to help you achieve your health and wellness goal(s)?***

**Note:** All participants in the challenge will be listed on a leaderboard based on the total number of "Yes" clicks.

### Benefits and Rewards

Investing in your health and wellness enables you to enjoy life, contribute to those things you are passionate about and be your best self. This challenge is voluntary and provides everyone with the opportunity to create your own wellness goals tailored to your needs. The quick daily check-in question will help hold you accountable when it comes to achieving your goals and will encourage you to make your health a daily priority.

### Challenge rules:

- Go for Goal starts Monday, May 13, 2019 and runs through Sunday, May 26, 2019.
- This is an individual challenge; you do not form or participate on teams.
- Each daily "Yes" answer during the 14 days is counted toward the challenge results. "No" answers do not count.
- When the challenge ends, you have until Tuesday, May 28, 2019 at 11:59 EST to track your habit. **Note:** You will only be able to go back 12 calendar days to track your habit while the challenge is taking place.
- All members participating in the challenge will see their total number of "Yes" clicks on the leader board.
- Once you join the challenge, you cannot leave it, but you can choose to not answer the question each day.