

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.



ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

June 13, 2017

Move out of your comfort zone — join the challenge

Crank the heat to full blast for calorie burns this July with Asante's Choose to Move fitness challenge. Several 10- to 15-minute circuits have been created just for Asante employees by Asante employees, accessible through a new, simple calendar format on Regence.

Here's how to register and when:

- Employees covered by Asante Health Plan can register through the Wellness Tools page on Regence.com.
- Non-covered employees may register by contacting Asante Health Promotion.
- Registration starts June 19 and ends on July 3.
- The challenge runs July 3–31.



Participants must log at least 150 minutes of exercise weekly on the Regence activity tracker to qualify for the prize drawings. The grand prize is a cooler on wheels containing everything you need for summer fun.

Demo videos of the exercises have been produced onsite by your very own Asante Health Promotion team. More details will appear in next week's Asante News. Although the exercise circuits are fun, they're not required for participation.

To learn more, email HealthPromotion@asante.org or call (541) 789-5211.

Asante News is published every Tuesday. Deadline for submission of articles is every Wednesday.
Send via e-mail to asantenews@asante.org.