



MAY 7 - JULY 1, 2013

OPERATION KNOWLEDGE

Operation Knowledge is designed to exercise the part of your body that drives everything: your brain. Sprinkled with a bit of competition, patriotism, trivia and games; Operation Knowledge will test your memory and relocation skills to help you improve your concentration, alertness and memory. It's exercise for your brain!

JOIN THE CHALLENGE:

- The entry fee is NO COST per eligible* participant
- Teams of 2-10 people
- Gather your team members' e-mail addresses, t-shirt sizes and coverage status (covered/not covered) on the Harris County Medical Plan (Aetna)
- Registration opens April 15, 2013
- The team captain will go to www.livehealthyharriscounty.org to register
- Enter your **Group Registration ID: LHHC** to get started

EXERCISING YOUR BRAIN:

- Answer questions each week in the categories of trivia, memory, puzzle, and team
- Nutrition facts and physical challenges

GIVING BACK:

- 10% of your registration fees (paid by Harris County) will go back to The Wounded Warrior Project
- When participants record 8/8 weeks, LHA will double Harris County's donation

EARN INCENTIVES

- ✓ Rack up 100 lifestyle points and receive the challenge shirt!
- ✓ Log your answers to be entered in the weekly team and individual prize drawings!
- ✓ Participate in the weekly team challenge activities for prizes!

2014-15 HEALTHY ACTIONS MEDICAL PLAN CREDIT

Complete at least 6 of the 8 weeks and receive credit toward your eligibility in the 2014-15 Healthy Actions Medical Plan. For questions, contact Benefits at 713-755-7057 or email wellness@bmd.hctx.net.

*Standard registration fee is \$5. Harris County is contributing this amount for eligible employees, dependents, and retirees. This includes employees, retirees and their dependents 18 years and over covered by their Harris County Medical Plan (Aetna). New employees still within their 3-month benefits waiting period are also eligible for the \$0 entry fee. All other participants including contract, temporary, part-time, and State employees will be required to pay the standard registration fee of \$5. Eligibility is subject to verification. Please contact Human Resources & Risk Management, Benefits Division at 713-755-7057 or email wellness@bmd.hctx.net for more information.