

# INBALANCE

MONTHLY UPDATE FROM INBALANCE - APRIL 2018

## Register for you HRA Today!

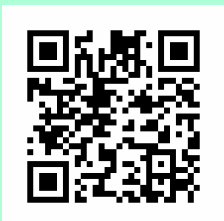
The health risk assessments are a valuable way to monitor your health and enjoy great benefits! The annual inBalance HRA is confidential and **FREE** to full-time City of Springfield employees.

### FREE GIFTS FROM INBALANCE

New & returning participants will be put into separate drawings for **4-hours PTO**. There will also be free inBalance swags, snacks and beverages, PLUS eligibility for **75% off Parks memberships & 20% off additional Parks services!**

### REGISTER TODAY

Scan code with your smart phone or visit [springfieldmo.gov/inbalance](http://springfieldmo.gov/inbalance) to get registered today! Questions? Contact us at [inBalance@springfieldmo.gov](mailto:inBalance@springfieldmo.gov).



## Keeping up with inBalance

If you would like to stay up to date with inBalance, there are a few different options!

1. Join our **Facebook Group:** inBalance - City of Springfield Employee Wellness
2. Check out the inBalance page on **Share Point**
3. Visit the inBalance page on the **City of Springfield website:** [springfieldmo.gov/inbalance](http://springfieldmo.gov/inbalance)



## City-Wide WALKING CHALLENGE

inBalance is mixing things up this year with our City-Wide Walking Challenge! To register, scan code below with smart phone or visit [springfieldmo.gov/inbalance](http://springfieldmo.gov/inbalance) for full details.



The City of Springfield will also be part of the **Move Your Shoes Walking Challenge**. We will be competing against other location businesses and organizations.

