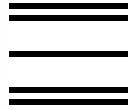


Join Your Fellow  
LACERS Members on the  
Road to Better Health!

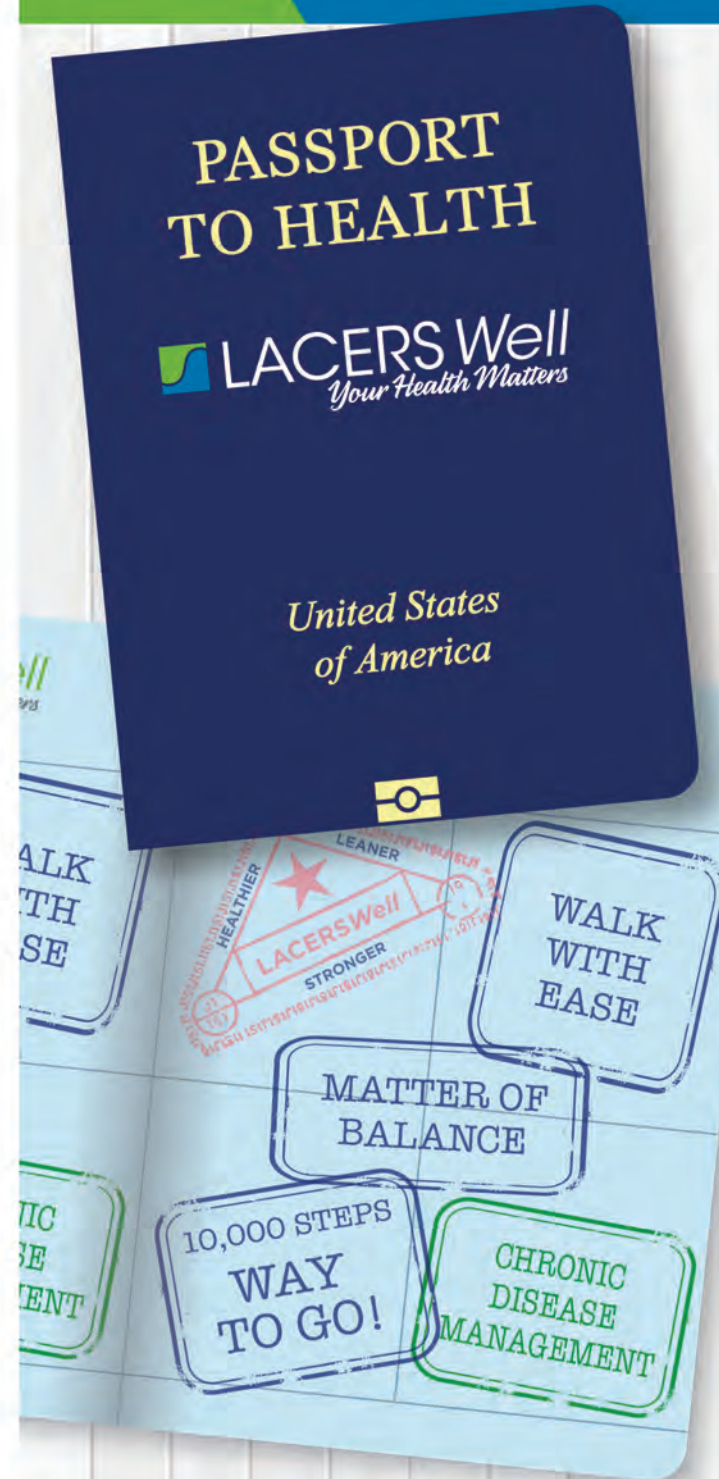


For more information on upcoming  
LACERS Well activities and  
events, or to register as a LACERS  
Well Champion, please visit the  
LACERS Well website at  
[www.lacers.org/lacerswell](http://www.lacers.org/lacerswell)

PLACE  
STAMP  
HERE



LACERS Well  
Attn: Tara Miller  
202 W. First St. Suite 500  
Los Angeles, CA 90012-4401



**Earn “Passport to Health” Points and Become Eligible for Monthly Prizes and a Grand Prize!**

**Directions:** 1) Complete all contact information. 2) Earn “Passport to Health” points by participating in LACERS Well activities listed below. 3) Get your participation point(s) validated by a LACERS Well representative\* at the completion of the activity. 4) Once you have earned 10 points, seal the Passport with a piece of tape, and drop it in the mail to LACERS Well for entry into monthly prize drawings and a grand prize drawing at the end of the year!

Member’s Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Earn Passport to Health points by participating in any of the following LACERS Well activities:**

- Attend a LACERS Well Champion-led event: **1 pt**
- Attend a LACERS Well wellness workshop: **1 pt**
- Complete a “Healthier, Leaner, Stronger” wellness challenge: **1 pt (self reported)**
- Become a LACERS Well Champion and organize a Champion-led event: **3 pts**
- Bring a new LACERS Member to a LACERS Well event: **3 pts**
- Complete an approved, 6-8 week workshop (for example, Chronic Disease Management, Matter of Balance, Walk with Ease, Anthem’s Pre-Diabetes Program): **10 pts**



<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:
<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:	<b>1 POINT*</b> Validation/Date:

\* Points must be validated by a Wellness Champion, Wellness Program Manager, LACERS staff member, or other designated event leader.

**Questions? Contact LACERS Well Program Manager, Tara Miller, at (213) 978-6843 or [lacerswell@lacers.org](mailto:lacerswell@lacers.org).**