

**Subject:** Introducing Accenture Healthy Living – Healthy You Month



# LIVE WELL AT ACCENTURE



Accenture’s **Healthy Living – Healthy You** campaign runs through the month of June. We encourage you to take time to focus on your health!

Wellness is about connecting with your body, mind, heart and soul and focusing on what’s most important to you within each of these areas. Each is integral to our individual well-being and when in sync, the result is powerful. You’ll feel more energized, creative, innovative, resilient, and present in all aspects of your life. During the month of June, take advantage of programs that focus on improving or maintaining good health.

- **Customized live [wellness webinars](#)**

June 5	Noon – 1:00 Central	Taking Charge of Your Health Care
June 9	Noon – 1:00 Central	Knowing Your Numbers
June 16	Noon – 1:00 Central	Healthy Tips for Women
June 21	1:00 – 2:00 Central	Experiencing Mindfulness: An Introduction
June 23	Noon – 1:00 Central	Healthy Life Tips for Men
June 30	Noon – 1:00 Central	Dreaming of a Good Night’s Sleep

- **Convenient onsite [biometrics screenings](#)**

- Complimentary biometrics screenings offered in many offices in June (and throughout the summer and fall).
- Local offices will communicate screening dates and how to register.

- **Friendly [concierge services](#) schedule prevention exams**

- Medical providers are offering a concierge service throughout June to help employees schedule prevention exams based on age, gender and risk factors.
- Call your carrier’s concierge for answers to questions about exams and check-ups, help you select a medical provider and schedule necessary exams.

- **Fun [Accenture Active Team Challenge](#) – “Tropical Track Down” \***

- Join us on **June 15** as we kick off our next Team Challenge through the Accenture Active App.
- You and your fellow agents must travel the tropics to stop an evil mastermind. The world is counting on you to step your way to victory, but are you up for the challenge?

### Questions?

Contact [US Benefits](#).

\* You must be on an Accenture medical plan to be a part of the Accenture Active Team Challenge.