

# INBALANCE

MONTHLY UPDATE FROM INBALANCE - MARCH 2018

## 2018 HRA's ARE HERE!

### EVENTS RUN APRIL 3RD - MAY 14TH

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. Participants are eligible to receive 75% off Parks memberships **PLUS** 20% off select Park Board fees.

### FREE GIFTS FROM INBALANCE

As a thank you for participating in the HRA, inBalance will be providing all 2018 HRA participants with a free goody bag - details to come! Plus, **NEW PARTICIPANTS** will have a chance to win 4 hours PTO. Returning participants will also have a chance to win 4 hours PTO. Additional inBalance items will also be available to all participants, such as inBalance chapstick, snacks, drinks, and more!

### REGISTER TODAY

To get registered today, please visit: [Sharepoint-inBalance](#) or [springfieldmo.gov/inbalance](#). If you have questions regarding the HRA process, please contact Audrey Cova at 864-1685 or [acova@springfieldmo.gov](mailto:acova@springfieldmo.gov)

## City-Wide WALKING CHALLENGE

inBalance is mixing things up this year with our City-Wide Walking Challenge! More details coming, be on the lookout! **Registration opens March 14th.**

The City of Springfield will also be competing against other local organizations this year as part of the regular walking challenge.



## inBalance wants to hear from YOU!

What type of class would you like to see offered during the day? Give us your feedback! Please visit: [surveymonkey.com/r/fitnessclass18](https://www.surveymonkey.com/r/fitnessclass18)

